



# Health Care Checklist

These tests may be performed earlier and more often as needed."

"They are in addition to routine health care maintenance (such as lead screening in childhood and Pap smears and mammograms in adults)

	At Diagnosis	At Each Visit, At Least Yearly	Yearly	Every 3 - 5 Years	At Specific Ages
Complete physical exam (including height, weight, pulse, BP, assessment of lymphedema)	X	X			
Screen for learning disabilities; assess social skills, family function; contact with support group	X	X			
Careful screening for: · Hip dislocation · Strabismus · Ear infection/fluid · Scoliosis/kyphosis · Skin moles · Pubertal development	If age appropriate	In infancy 4 mos - 5 yrs Infancy/childhood 4 yrs until growth is complete Childhood onward 10 yrs onward			
Hearing evaluation (by specialist)	X			X	
Renal ultrasound and urine culture	X				
Eye exam (by ophthalmologist)					At age 2
Thyroid function tests	X		Begin repeat exams at age 4		
Orthodontic evaluation					At age 7
Counseling re: sexuality issues and vocation/ college or work plans		If age appropriate			
Cardiac evaluation; echocardiogram or MRI	X			Begin repeat exams at age 12	
Bone densitometry				Begin repeat exams at age 15	
Blood tests: liver and kidney function, fasting lipids and blood glucose	X		Begin repeat exams at age 18		As recommended