

YOUR OFFICE VISIT WITH DR MAYER



Your initial visit at the Avon Integrative Health Center will include the completion of our office forms. You can download the necessary forms (under the “Patient Forms” tab) and complete them ahead of your visit to save time. Please bring your health insurance card and any test results (e.g. blood lab, x-ray, MRI, etc). You should come a few minutes early for your appointment to complete the paperwork and allow more time to spend with Dr. Mayer.

Dr. Mayer will ask questions about your present health problems, health history, diet and activities of daily living. He will then perform a detailed physical examination, which may include an assessment of sensation, coordination, balance, strength and range of motion. Dr. Mayer may order other diagnostic tests to obtain an overall assessment of your health.



Dr. Mayer will discuss your health problem and care recommendations. He will develop an individualized healthcare plan, integrating approaches that address the physical, nutritional and emotional stress factors that contribute to your health problem. Care recommendations may emphasize manipulative therapy, exercise and physical therapy modalities, dietary changes and nutritional supplementation, as well as stress management.

Routine office visits include a brief re-evaluation. Your progress will be monitored and the care plan will be modified as your healthcare needs change. The duration of healthcare recommended by Dr. Mayer will depend upon the condition and stress factors contributing to your problem. Healing takes time!



Test	Value	Unit	Ref. Range
Liver - T Bilirubin	2.1	mg/dL	0.1-1.2
ALP	44	U/L	44-147
AST	27	U/L	10-40
GST	46	U/L	1-31
ALT	3.5	mmol/L	0.5-3.5
Albumin	2.25	mmol/L	3.5-5.0
Lipid Profile			
Cholesterol	1.0	mmol/L	3.6-5.2
Triglyceride	1.5	mmol/L	0.7-1.7
HDL-Cholesterol	2.50	mmol/L	1.0-1.6
LDL-Cholesterol	3.50	mmol/L	1.6-3.4
Non-HDL-Cholesterol			
HDL Ratio			Ref. 91

Dr. Mayer will help you set attainable goals, but you must take responsibility for your own health and be an active participant. Your willingness and ability to comply with the recommendations can impact whether the goals of the care plan are met. Achieving optimal health takes commitment and patience!

Please be on time for your appointments. We do not over-book appointments; we make every effort to minimize waiting room time. Call us if you are going to be late or if you need to change your appointment. Also, call us if you are experiencing a new problem so we may schedule more time if needed.



Patients often seek care from Dr. Mayer for pain, dizziness, numbness and weakness. Some seek dietary advice to help manage health disorders. Others wish to maintain their health through general wellness care. “Wellness” office visits, just like regular dental or eye exams, may help identify health disorders before they become more serious.