



Dear New Patient,

Welcome to my office! I look forward to becoming your partner in assessing and improving your health. Before your first visit, please take a few moments to read the enclosed flyer explaining functional medicine.

In your first visit, I will obtain a comprehensive medical history. The key to functional medicine is treating each person as an individual and getting to the root cause of the health problems. That generally entails a detailed conversation about your current state of health, health history, family history, diet, lifestyle habits, etc. A targeted physical examination may be done if time allows. I will then discuss with you potential approaches and recommended laboratory workups. This visit will last approximately 60-90 minutes and is primarily an information gathering and sharing session. I will give some simple recommendations at this time, but more advice will be deferred until after lab and physical exam results are in and there has been time to thoughtfully consider your case.

The second visit is generally scheduled one to three weeks later. Any further physical examination may be done if needed. It is at this time when I will discuss and review the laboratory findings. This includes what may be causing your health problems and what supplementation (vitamin, minerals, herbs), diet, and lifestyle changes may be needed, as well as any or other medications that may be appropriate for your care. Follow-up visits are usually scheduled in approximately 4–8 weeks from this visit to evaluate progress and make any adjustments in your program.

How often you see me after that will depend on why you are being treated. Some healthy people may only need to be seen once a year for physical exams and screening lab tests. Many people who have multiple complaints are seen more often based on the severity of their condition.

If you have any further questions after reading the enclosed information, please call me and I will be happy to assist you. Please be sure to complete all forms and bring them with you to your appointment. I look forward to working with you.

In health,

Zorayda “Jiji” Torres, M.D., ABIHM  
Internal Medicine  
Functional Medicine  
Integrative Medicine

