```sql
CREATE TABLE patients (
  id MEDIUMINT(8) UNSIGNED NOT NULL AUTO_INCREMENT, -- Prevent negative IDs
  name VARCHAR(50) NOT NULL, -- Name must be provided
  age TINYINT UNSIGNED NOT NULL CHECK (age BETWEEN 0 AND 120), -- Age must be a valid number between 0 and 120
  gender ENUM('Male', 'Female', 'Other') NOT NULL,
  PRIMARY KEY (id)
);

CREATE TABLE doctors (
  id MEDIUMINT(8) UNSIGNED NOT NULL AUTO_INCREMENT,
  name VARCHAR(100) NOT NULL,
  department VARCHAR(50) NOT NULL,
  PRIMARY KEY (id)
);


CREATE TABLE appointments (
  id MEDIUMINT(8) UNSIGNED NOT NULL AUTO_INCREMENT,
  patient_id MEDIUMINT(8) UNSIGNED NOT NULL,
  doctor_id MEDIUMINT(8) UNSIGNED NOT NULL,
  appointment_date DATE NOT NULL CHECK (appointment_date >= CURRENT_DATE),
  PRIMARY KEY (id),
  FOREIGN KEY (patient_id) REFERENCES patients (id) ON DELETE CASCADE ON UPDATE CASCADE,
  FOREIGN KEY (doctor_id) REFERENCES doctors (id) ON DELETE CASCADE ON UPDATE CASCADE --
);
```