

SUMMERSVILLE

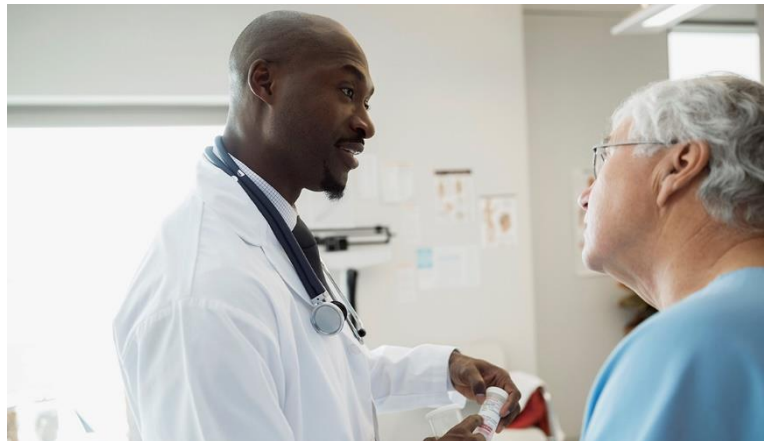
Family Health Team

Preventive Health Screening: What you need to know

Prepared: June 2022

Canadian Task Force on Preventive Health Screening

We recommend that primary care practitioners adopt periodic preventive health visits instead of providing annual physical examinations for the delivery of preventive services (2017).



Periodic Preventive Health Visit



Preventive Health Screening: Age 40+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Cervical cancer screening with Paps (every 3 years if sexually active, starting after age 25*)

Preventive Health Screening: Age 50+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Cervical cancer screening with Paps (every 3 years* if sexually active starting after age 25)
 - **Routine breast cancer screening with mammogram every 2 years**
 - **Routine colon cancer screening with FIT every 2 years or colonoscopy (q5-10years)**
 - **Annual prostate cancer screening with PSA no longer recommended***

Preventive Health Screening: Age 55+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Routine breast cancer screening with mammogram every 2 years
 - Routine colon cancer screening with FIT every 2 years or colonoscopy (q5-10years)
 - Cervical cancer screening with Paps (every 3 years* if sexually active starting after age 25)
 - Prostate cancer screening with PSA no longer recommended*
 - **Lung Ca screening for people with >30pack year, current or past smoker***

Preventive Health Screening: Age 65+

- Ask your health care provider about screening for:
 - Diabetes
 - Hypertension
 - Dyslipidemia
 - Routine breast cancer screening with mammogram every 2 years
 - Routine colon cancer screening with FIT every 2 years or colonoscopy (q5-10years)
 - Cervical cancer screening with Paps (every 3 years* if sexually active starting after age 25)
 - Prostate cancer screening with PSA no longer recommended*
 - Lung Ca screening for people with >30pack year and currently smoking
 - Osteoporosis screening with Bone Density

Chronic Disease Management

Communicate every 6-12 months for well controlled*:

- Diabetes
- Hypertension
- High cholesterol
- Thyroid disease
- Renal disease
- Lung disease



Stop testing?

- Pap, mammogram*
- Colorectal screening*
- Hypertension*, hyperlipidemia*
- Deprescribing*



Immunizations

- The recommended immunizations are:
 - Tetanus Booster every 10 years
 - Flu Shot annually
 - Pneumococcal vaccine (65+)
 - Shingles vaccine (one time series between 65-70 years)
 - HPV vaccine (one time series up to age 45 years)



References

- Birtwhistle, R., Bell, N. R., Thombs, B. D., Grad, R., & Dickinson, J. A. (2017). Periodic preventive health visits: a more appropriate approach to delivering preventive services: From the Canadian Task Force on Preventive Health Care. *Canadian Family Physician*, 63(11), 824-826.
- Cancer Care Ontario. (2022, June 14). <https://www.cancercareontario.ca/en/guidelines-advice>
- Centre for disease control and prevention. (2022, June 12). Get the shingles vaccine if you are 50 years or older. <https://www.cdc.gov/shingles/multimedia/shringrix-50-older.html>
- Government of Canada. (2022, June 12). Pneumococcal vaccine: Canadian Immunization Guide. <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-16-pneumococcal-vaccine.html#a9>