

SELF-CARE

PREVENTATIVE SCREENING FOR WOMEN

Screening Tests	Ages 18 – 39	Ages 40 – 49	Ages 50 – 64	Ages 65 and older
Blood Pressure Test (hypertension)	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³	Get tested at all appropriate primary care visits. ³
Bone Mineral Density Test for osteoporosis		Discuss with your doctor or nurse if you are at risk (have low bone mass or bone loss).	Discuss with your doctor or nurse if you are at risk (risk factors for fracture).	Get tested at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
Breast Cancer Screening (mammogram)	Speak with your doctor about risks benefits of screening, family or personal history.	Discuss with your doctor about your risk of cancer, and benefits and risks of mammography.	Starting at age 50, get screened every 2 years.	If ≥ 70 , talk to your doctor about the frequency of a mammogram.
Cervical Cancer Screening (pap test)	Complete every 3 years if ≥ 30 . Complete every 3 years if ≥ 21 . If you are not sexually active, delay until you are.	Complete every 3 years.	Complete every 3 years.	Stop at 70 if you've been regularly screened with 3 successive negative tests in the last 10 years. If <u>you</u> haven't been adequately screened, continue until after 3 negative results.
Colorectal Cancer Screening			Starting at age 50, get a stool test at least every 2 years.	Get a stool test at least every 2 years.
Diabetes Screening	Every 3 years when ≥ 40 years. Earlier and more often if at high risk according to CANRISK calculator. ²	Every 3 years when ≥ 40 years. Earlier and more often if at high risk according to CANRISK calculator. ²	Every 3 years when ≥ 40 years. Earlier and more often if at high risk according to CANRISK calculator. ²	Every 3 years when ≥ 40 years. Earlier and more often if at high risk according to CANRISK calculator. ²

¹ CVD, cardiovascular disease; eGFR estimated glomerular filtration rate; HDL, high density lipoprotein, LDL, low density lipoprotein; TG, triglyceride.

² CANRISK calculator: <http://guidelines.diabetes.ca/screeninganddiagnosis/screening>

³ Appropriate: new patient visits, periodic health exams, urgent office visits, medication renewal visits, where the primary care practitioner deems it appropriate to monitor blood pressure.

Sources: <http://www.cancer.ca/>, <http://canadiantaskforce.ca/>, <http://guidelines.diabetes.ca/>

Anderson et al. (2013). 2012 Update for the Canadian cardiovascular society guidelines for the diagnosis and treatment of dyslipidemia for the prevention of cardiovascular disease in the adult. *Canadian Journal of Cardiology*, 29, 151-167.