

HEALTHY LIVING CHALLENGE

PREVENTATIVE SCREENING FOR MEN

SCREENING TESTS	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
BLOOD PRESSURE TEST	Get tested at all appropriate primary care visits***	Get tested at all appropriate primary care visits***	Get tested at all appropriate primary care visits***	Get tested at all appropriate primary care visits***
BONE MINERAL DENSITY TEST (OSTEOPOROSIS)		Discuss with your doctor or nurse if at risk of osteoporosis (have low bone mass or bone loss).	Discuss with your doctor or nurse if you are at risk of osteoporosis (risk factors for fracture).	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
LIPIDS TEST (SCREENING FOR DYSLIPIDEMIA) (ANDERSON ET AL., 2013)		Starting at 40, get screened for LDL, HDL, TG, non-HDL, glucose, eGFR*.	Get screened for LDL, HDL, TG, non-HDL, glucose, eGFR*.	Get screened for LDL, HDL, TG, non-HDL, glucose, eGFR*.
COLORECTAL CANCER SCREENING (FECAL OCCULT BLOOD TESTING, OR FECAL IMMUNOCHEMICAL TEST)			Starting at age 50, get a stool test at least every 2 years.	Get a stool test at least every 2 years.
DIABETES SCREENING	Screen every 3 years when >40 years of age. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Screen every 3 years when >40 years of age. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Screen every 3 years when >40 years of age. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Screen every 3 years when >40 years of age. Screen earlier and more frequently if at high risk according to CANRISK calculator**.
HIV TEST	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.
SYPHILIS SCREENING	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.

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

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

***"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.