

HEALTHY LIVING CHALLENGE

PREVENTATIVE SCREENING FOR WOMEN

SCREENING TESTS	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
BLOOD PRESSURE TEST (HYPERTENSION)	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 at risk of osteoporosis (have low bone mass or bone loss).	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
BREAST CANCER SCREENING (MAMMOGRAM)	Start talking to your doctor about risks and benefits of mammography, and family or personal history.	Discuss with your doctor about your risk of breast cancer, along with benefits and risks of mammography.	Starting at age 50, get screened every 2 years.	If you are >70 talk to your doctor about how often you should have a mammogram.
CERVICAL CANCER SCREENING (PAP TEST)	Get a Pap test every 3 years if you are 21 or older. If you are not sexually active by 21, delay screening until sexually active. If you are 30 or older, get a Pap test every 3 years.	Get a Pap test every 3 years.	Get a Pap test every 3 years.	Can stop at age 70 if have been regularly screened and have had 3 successive negative Pap tests in the last 10 years. If >70 and have NOT been adequately screened, continue until you have 3 negative test results.
COLORECTAL CANCER SCREENING			Starting at age 50, get a stool test at least every 2 years.	Starting at age 50, get a stool test at least every 2 years.
DIABETES SCREENING	Every 3 years when >40 years. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Every 3 years when >40 years. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Every 3 years when >40 years. Screen earlier and more frequently if at high risk according to CANRISK calculator**.	Every 3 years when >40 years. Screen earlier and more frequently if at high risk according to CANRISK calculator**.
LIPIDS TEST (DYSLIPIDEMIA) (ANDERSON ET AL., 2013)			Starting at >50 or postmenopausal get screened for LDL, HDL, TG, non-HDL, glucose, eGFR*.	Get screened for LDL, HDL, TG, non-HDL, glucose, eGFR*.

*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.