

## Preventive Care Programs

### Vaccinations

**Tetanus, diphtheria vaccination:** Td booster vaccines should be given every 10 years.

**Pertussis:** Tdap should be given once as a booster for ages 14 - 64 yrs. The Tdap can replace one Td booster.

**HPV:** The HPV vaccine is approved for females aged 9 to 45 and for males aged 9-26. Ontario schools are offering the vaccine free for girls in Grade 8 as well as girls up to Grade 12 who have missed the vaccine or did not complete the 3-dose series.

**Influenza:** All individuals older than 6 months should be vaccinated yearly. 9 years and older require one dose of the flu vaccine annually. Children 6 months - 8 years previously NOT immunized, require two doses at least 4 weeks apart. Previously immunized children require one dose.

**Pneumonia:** Should be given once to all individuals 65 years and older as well as individuals over the age of 2 years with high-risk medical conditions. Discuss with your doctor whether you are at high risk.

**Hepatitis A:** Should be given to all individuals at risk due to occupation, lifestyle, travel and living in areas lacking adequate sanitation as well as those with chronic liver disease. This is given in 2 doses 6-12 months apart. In Ontario, the hepatitis A vaccine is free for high risk people including:

- People with chronic liver disease (including Hep. B & C)
- Intravenous drug users
- Men who have sex with men

**Hepatitis B:** Given to grade 7 students in Ontario. It should also be given to all individuals at risk due to occupation, lifestyle, post-exposure immunoprophylaxis, and those with chronic liver disease. It is given in 3 doses at 0, 1 and 6 months.

### Cancer Screening

**Cervical cancer:** Pap test for women 21- 69 years old every 3 years.

**Breast cancer:** Mammogram for women 50 - 74 years old every 2-3 years.

**Prostate cancer:** PSA for men who are 40 yrs or older with a family history of prostate cancer (defined as one or two "1st degree" relatives such as father, son, or brother) and men of African ancestry. Men 50 – 75 years old should have a discussion with their family physician regarding screening.

**Colon cancer:** All people aged 50 and over should be screened.

For individuals at average risk - FOBT every 2 years. For those at increased risk because of family history of one or more first-degree relatives with colorectal cancer - colonoscopy is advised. You might choose to have Cologic (a blood test) done instead of FOBT. It is currently offered by CML laboratory for \$75.

### Other Screening

**Diabetes:** Adults who are at high risk - Hgb A1C every 3-5 years.

Adults at very high risk - yearly screening with Hgb A1C.

Your doctor can determine and discuss with you your risk of developing diabetes.

**Osteoporosis:** Bone Mineral Density (BMD) should be done at 65 yrs, then 3 years later, then every 5 years thereafter. Screening in younger individuals is based on risk factors.

**Lung disease:** Smokers over the age of 40 with symptoms of COPD and people with asthma should discuss having spirometry done with their doctor.

*You might execute your rights to request more frequent testing (i.e. yearly PAP test).*

*In this case a reasonable fee will be charged at the day of visit.*

*Additional charges will be applied by the laboratory to process the specimen*