

How Often Should I Come for a Checkup?

If you are on prescription medications, you and your doctor will discuss how often you should visit

Women	Men
<p>Age 25-49</p> <ul style="list-style-type: none">• Every 3 years for Pap (check for cervical cancer), with a blood pressure and weight check.• If you have a first-degree family member (sibling or parent) with breast cancer or colon cancer, you should start screening for that disease at least 10 years earlier than the age when your family member acquired cancer. <p>Age 50-70</p> <ul style="list-style-type: none">• Every 2 years for a mammogram (until age 74), blood pressure, with discussion around colon cancer screening (the card test every 2 years or a colonoscopy every 10 years if everything is normal).• Pap test every 3 years.• Diabetes screen every two to four years.• Cholesterol at 50 and after that depends on your risk.	<p>Age 25-39</p> <ul style="list-style-type: none">• Every 3 years for blood pressure and weight check.• If you have a first-degree family member (sibling or parent) with colon cancer, you should start screening for that disease at least 10 years earlier than the age when your family member acquired cancer.• <p>Age 40-49</p> <ul style="list-style-type: none">• Every 3 years for blood pressure and weight.• Cholesterol at 40 and after that depends on risk• Diabetes screen every two to four years. <p>Age 50-70</p> <ul style="list-style-type: none">• Every 2 years for blood pressure, weight. Diabetes screen every 2 to four years.• Cholesterol testing depends on risk.• Colon cancer screening with the "card test" every 2 years or

Men & Women older than 70

Depending on your general health, you and your doctor will decide how often you should come in.

Immunizations

- Tetanus every 10 years
- Pneumonia vaccine every 5-10 years after 65 years of age or younger if you have heart or lung disease.
- Flu vaccine yearly for all over 65, are pregnant or with chronic diseases is highly recommended, and is available for all patients.
- Discussion about Gardasil (cervical cancer immunization) for women younger than 35, or Zostavax (shingles vaccine) for adults greater than 50
- Travel immunizations: www.publichealth.gc.ca. **NOT AN OHIP INSURED SERVICE**