

Screening and Preventive Health Care

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The following summarizes key points from the Provincial Health Services Authority (<http://www.phsa.ca/health-info/staying-healthy/health-screening>) and The Canadian Task Force on Preventive Health Care (<https://canadiantaskforce.ca>):

“Recommended regular screening tests for all adults” include:

- **blood pressure**
- **cholesterol**
- **kidney function**
- **type 2 diabetes**
- **skin cancer**
- **hearing and vision**
- **weight**
- **mental health and substance use**
- If you are sexually active, it's a good idea to get tested for sexually transmitted infections (**STIs**), **including HIV**.

Depending on your age and your risk of disease, other screening tests may be recommended:

CERVICAL CANCER:

- Between age 25-69, **Pap tests** are recommended every three years for anyone with a cervix. It's important to follow these recommendations even if you've had the HPV vaccine. Read the recommendations at <http://www.bccancer.bc.ca/screening/cervix/get-screened/who-should-get-screened>

BREAST CANCER:

- Screening **mammograms** are available for eligible individuals in BC age 40 and up. Your screening recommendations will vary according to your age and your family history of breast cancer. Read the recommendations at <http://www.bccancer.bc.ca/screening/breast/get-a-mammogram/who-should-get-a-mammogram>

COLON CANCER:

- Everyone aged 50-74 should get screened regularly for colon cancer. The type of screening test [**stool test or colonoscopy**] recommended for you will depend on your family history and your personal medical history. Read the recommendations at <http://www.bccancer.bc.ca/screening/colon/get-screened/who-should-get-screened>



PROSTATE CANCER:

- Prostate cancer screening checks for abnormalities of the prostate gland. Screening is performed through **[PSA blood test and] digital rectal examination**, done by your doctor during a regular check up. Between age 50-70, some organizations state that annual screening is recommended for individuals with a prostate as long as they are in reasonably good health. In contrast, The Canadian Task Force on Preventive Health Care recommends against screening for prostate cancer with the PSA test; here is a helpful visual summary of the evidence:

<https://canadiantaskforce.ca/tools-resources/prostate-cancer-harms-and-benefits/>

Talk to your doctor about the pros and cons of PSA testing..

ABDOMINAL AORTIC ANEURYSM (AAA):

- One-time screening with **ultrasound** for AAA is recommended for men aged 65 to 80.

LUNG CANCER:

- Screening with **annual low-dose CT scan (LDCT)** up to three consecutive times for adults aged 55-74 years with at least a 30 pack-year* smoking history who currently smoke or quit less than 15 years ago. Annual screening with LDCT is advised for up to three consecutive times.”

Source: <https://canadiantaskforce.ca/guidelines/published-guidelines/lung-cancer>

Please let a doctor or nurse practitioner know if you are not up to date with this screening/testing schedule (or if you are not completely certain that you are up to date).

Moreover, you should discuss any potential risk factors (such as your family history, particular medical conditions, past exposures etc.) with the doctor or nurse practitioner as your individual situation may warrant screening beyond that described in this document.

