



Screening Guideline Summary for Women

Below is a summary of the most common screening tests for women age 18 and up. It was developed by Canadian health care professionals using the most current clinical guidelines. More information on each of these disease categories and corresponding screening tests can be found in the Canadian Health Screening Guide located on the Novus Health website.

Disease/Risk Factor	Frequency or when to start testing	Consider early screening if the following applies to you
Blood Pressure	Have your blood pressure tested at your doctor’s office once every year.	<ul style="list-style-type: none"> • Pre-existing health conditions (diabetes, overweight, obesity, etc.) • Family history of high blood pressure or heart disease • Being of South Asian, First Nations/Aboriginal, Inuit, or African descent
Breast Cancer	<p>For those of average risk :</p> <p>If you are less than 50 years of age, know your breast tissue and discuss with your doctor about whether or not screening is appropriate for you.</p> <p>If you are over 50, have a mammogram every two years.</p>	<ul style="list-style-type: none"> • Family history of breast or ovarian cancer • Any new breast abnormalities • Dense breast tissue • Pre-existing breast problems • Confirmed genetic risks determined through specific testing • Use of hormone replacement therapy or birth control pills • Previous treatment of radiation to the chest (under age 30)
Cervical Cancer	<p>All previously or currently sexually active women should have the following tests initially at age 25, and then every three years until the age of 70:</p> <ul style="list-style-type: none"> • Pap test • Pelvic exam 	<ul style="list-style-type: none"> • Family history of cervical cancer • A previous abnormal pap test • Previous use of the medication diethylstilbestrol (DES) • Frequent changes in sexual partners • Weakened immunity • Previous or current Human Papillomavirus (HPV) infection
Colorectal Cancer	<p>For those at average risk (no family history of cancer or related disease), have one of the following tests at ages 50 to 74:</p> <ul style="list-style-type: none"> • Fecal occult blood test (FOBT) or fecal immunochemical test (FIT), every two years • Flexible sigmoidoscopy every ten years 	<ul style="list-style-type: none"> • Family history of colorectal cancer (a first-degree relative (parent, sibling, etc.) diagnosed with this type of cancer before age 50); and/or • Inherited genetic abnormalities such as hereditary nonpolyposis colorectal cancer (HNPCC) or familial adenomatous polyposis (FAP); and/or • Inflammatory bowel disease (Crohn’s and Colitis, including pancolitis). <p>For high-risk individuals: Colonoscopy every five years beginning at age 40, or ten years before the age at which a first-degree relative was diagnosed.</p>

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Disease/Risk Factor	Frequency or when to start testing	Consider early screening if the following applies to you
Cholesterol	Initial blood test at 50 or just after menopause, whichever comes first.	<ul style="list-style-type: none"> • Diabetes • High blood pressure • Cigarette smoking • Obesity • Family history of heart disease • Inflammatory disease(s) • Clinical signs of high cholesterol • HIV treated with antiretroviral therapy • Chronic kidney disease
Dental Health	<p>Cleaning and gum/teeth inspection every 6–12 months.</p> <p>A general health assessment, x-rays, or other assessments may also be performed.</p>	<ul style="list-style-type: none"> • Poor oral hygiene • Certain pre-existing health conditions (diabetes) • Pre-existing oral health problems
Diabetes	Blood glucose testing at age 40 and every three years thereafter.	<ul style="list-style-type: none"> • Family history of diabetes • Family history of heart disease or stroke • Obesity and/or poor diet • Heart disease, high blood pressure and/or high cholesterol • Polycystic ovary syndrome • History of gestational diabetes • Eye, nerve or kidney problems • Psychiatric disorder • Acanthosis nigricans (darkened patches of skin) • Being of South Asian, First Nations/Aboriginal, Inuit, Hispanic or African descent
Eye Health	<p>For those of average risk, have your eyes checked:</p> <ul style="list-style-type: none"> • once a year if you are under 20 • every 2 to 3 years if you are 20-39 years of age • every 2 years if you are 40-64 years of age • once a year if you are 65 or older 	<ul style="list-style-type: none"> • Pre-existing health conditions such as high blood pressure or diabetes • Family history of eye disease • Sudden changes to vision • Physical eye changes (visible redness, infection, etc.)

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Disease/Risk Factor	Frequency or when to start testing	Consider early screening if the following applies to you
Weight	BMI and waist circumference measurement at every appropriate medical visit.	No indication for early screening. Consider testing at annual physical examination as a preventive measure.
Osteoporosis	Bone mineral density (BMD) test and fracture risk assessment beginning at age 65 or whenever menopause starts (whichever comes first).	<ul style="list-style-type: none"> • Previous fracture(s) • Chronic inflammatory conditions, e.g. Crohn’s disease, rheumatoid arthritis, etc. • Certain diseases or disorders that disrupt nutrient absorption, e.g., Celiac disease, anorexia, etc. • Medical conditions that interfere with bone density, e.g., hyperparathyroidism, hypogonadism • Early menopause (before the age of 45) • Long term use of certain drugs: anticonvulsants, heparin, glucocorticoid therapy, birth control • Low dietary calcium intake and/or vitamin D deficiency
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