

# Chronic Diseases We Will Focus on During Your Prevention Visit

## Cancer

- **Colorectal Cancer**  
Fecal occult blood test (FOBT) or Fecal Immunochemical test (FIT)  
Sigmoidoscopy  
Colonoscopy

## Diabetes

- Fasting Blood Sugar every 3 years, < 6 mmol
- OR
- HbA1c every 3 years, <6.0%
- High risk – HbA1c or FBS every 1 year

## Heart Disease

- BP  $\leq$ 140/90 (Non-Diabetic), Framingham risk score <10%
- BP  $\leq$ 130/80 (Diabetic), UKPDS score
- LDL (Diabetic): < 2 mmol/L
- LDL (Non-Diabetic):
  - <3.5 mmol/L (moderate risk)
  - <5 mmol/L (low risk)

These are regular screening intervals and healthy targets

## Family History

# Male

## Mental Health

## Nutrition

- Less than 1 tsp of salt each day
- Limit high fat foods

## Physical Activity

- Engage in 150 minutes (cumulative) of moderate physical activity each week

- Normal body mass index 18.5-24.9
- Waist circumference <102cm

## Alcohol

- Low-risk drinking guidelines: 1-2 drinks a day, total 14 drinks each week

*1 drink = 1 beer, 5 oz wine or 1.5 oz liquor*

## Smoking

- Set a quit date
- Plan to reduce

Factors that Determine Your Risk for Chronic Disease

# Chronic Diseases We Will Focus on During Your Prevention Visit

## Cancer

- **Pap Test** every 1-3 years to screen for cervical cancer
- **Mammogram** every 2 years to screen for breast cancer
- **Colorectal cancer**  
Fecal occult blood test (FOBT) or Fecal Immunochemical test (FIT)  
Sigmoidoscopy  
Colonoscopy

## Diabetes

- Fasting Blood Sugar every 3 years, < 6 mmol
- OR
- HbA1c every 3 years, <6.0%
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## Heart Disease

- BP  $\leq$ 140/90 (Non-Diabetic), Framingham risk score <10%
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  - <5 mmol/L (low risk)

These are regular screening intervals and healthy targets

## Family History

# Female

## Mental Health

## Nutrition

- Less than 1 tsp of salt each day
- Limit high fat

## Physical Activity

- Engage in 150 minutes (cumulative) of moderate physical activity each week

- Normal body mass index 18.5-24.9
- Waist circumference <88cm

## Alcohol

- Low-risk drinking guidelines: 1 drinks a day, total 7 drinks each week

*1 drink = 1 beer, 5 oz wine or 1.5 oz liquor*

## Smoking

- Set a quit date
- Plan to reduce

Factors that Determine Your Risk for Chronic Disease