

## WOMEN over age 65

### Measurements

- Height/Weight/BMI\*/WC\* **every 3 years**
- Blood pressure **every year**
- Cholesterol and fasting blood sugar **every 3 years**

### Lifestyle Recommendations

- Maintain healthy body weight
- Maintain WC\* less than 88 cm
- Exercise 150 min or more per week
- Recommended calcium intake from diet and supplements:  
Calcium 1200mg per day and Vitamin D 800-2000 units per day

### Screening (General Guidelines; may vary depending on medical history/risk factors)

- Colon cancer: FOBT\* **every 2 years** until age 74
- Cervical cancer: PAP Smear **every 3 years** until age 70
- Breast cancer: Mammogram every 2 years (OBSP\*) until age 74
- Osteoporosis: bone density test

### Immunizations

- Influenza vaccine – **yearly**
- Pneumonia vaccine – **once** (depending on medical history)
- Tdap vaccine – **once** (depending on medical history)
- Shingles vaccine – talk to your health care provider

### If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Gestational diabetes or a baby weighing over 9 lbs*
- *Aboriginal/Southeast Asian*

### The following applies:

- Smoking cessation – talk to your health care provider or Public Health Unit
- Height/Weight/BMI\* and WC\* **EVERY** year
- Fasting blood sugar and cholesterol check **EVERY** year
- Participate in healthy lifestyle, prevention/exercise programs

IMMUNIZATIONS FOR EVERYONE: Influenza vaccine yearly, Tetanus booster every 10 years, Twinrix – Hep A & B (optional)

\*BMI = body mass index; \*WC = waist circumference; \*FOBT = fecal occult blood test\*HPV = human papilloma virus;

\*OBSP = Ontario Breast Screening Program, \*STI = sexually transmitted infection

# A Checklist for Preventative Health Maintenance for Women Over Age 20

## WOMEN Age 20 – 40

### Measurements

- Height/Weight/BMI\*/WC\* **every 3 years**
- Blood pressure **every 3 years**
- Cholesterol and fasting blood sugar **every 3 years**

### Lifestyle Recommendations

- Maintain healthy body weight
- Maintain WC\* less than 88 cm
- Exercise 150 min or more per week
- Recommended calcium intake from diet and supplements:  
Calcium 1000mg per day and Vitamin D 800 units per day
- Ensure Folic acid 0.4 mg per day if planning pregnancy

### Screening (General Guidelines; may vary depending on medical history/risk factors)

- Cervical cancer: PAP Smear **every 3 years** starting at age 21 if sexually active (with swabs to test for STI\*)

### Immunizations

- HPV\* vaccine up to age 26
- Influenza vaccine - **yearly**

### If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Gestational diabetes or a baby weighing over 9 lbs*
- *Aboriginal/Southeast Asian*

### The following applies:

- Smoking cessation – talk to your health care provider or Public Health Unit
- Height/Weight/BMI\* and WC\* **EVERY year**
- Fasting blood sugar and cholesterol check **EVERY 3 years**
- Participate in healthy lifestyle, prevention/exercise programs

## WOMEN Age 40 – 65

### Measurements

- Height/Weight/BMI\*/WC\* **every 3 years**
- Blood pressure **every 3 years**
- Cholesterol and fasting blood sugar **every 3 years**

### Lifestyle Recommendations

- Maintain healthy body weight
- Maintain WC\* less than 88 cm
- Exercise 150 min or more per week
- Recommended calcium intake from diet and supplements:  
Calcium 1000-1200mg per day and Vitamin D 800-2000 units per day

### Screening (General Guidelines; may vary depending on medical history/risk factors)

- Cervical cancer: PAP Smear **every 3 years** starting at age 21 if sexually active (with swabs to test for STI\*)

### AFTER 50 add:

- Colon cancer: FOBT\* **every 2 years**
- Breast cancer: Mammogram every 2 years (OBSP\*)

### Immunizations

- Influenza vaccine – **yearly**

### If you have any of the following risk factors;

- *Current smoker*
- *Family history of diabetes*
- *Abnormal fasting glucose in the past*
- *BMI over 25 or WC over 102*
- *Family history of heart attacks/angina before the age of 60*
- *Gestational diabetes or a baby weighing over 9 lbs*
- *Aboriginal/Southeast Asian*

### The following applies:

- Smoking cessation – talk to your health provider or Public Health Unit
- Height/Weight/BMI\* and WC\* **EVERY year**
- Fasting blood sugar and cholesterol check **EVERY YEAR**
- Blood pressure **EVERY YEAR**
- Participate in healthy lifestyle, prevention/exercise programs

**IMMUNIZATIONS FOR EVERYONE:** Influenza vaccine yearly, Tetanus booster every 10 years, Twinrix – Hep A & B (optional)

\*BMI = body mass index; \*WC = waist circumference; \*FOBT = fecal occult blood test; \*HPV = human papilloma virus; \*OBSP = Ontario Breast Screening Program, \*STI = sexually transmitted infection