



Screening Game Plan

SCREENING & EARLY DETECTION



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by





SCREENING CARD

NAME: _____

DATE OF BIRTH: _____

Talk to family doctor about screening and early detection for:

Date of last screening

Date of next screening

BREAST CANCER

(For women between the ages of 50-74, have a mammogram **every two years**. Please talk to your doctor about your risk of breast cancer, the benefits and limitations of mammography, and how frequently you should have a mammogram.)

CERVICAL CANCER (If applicable)

(The BC Cancer Agency recommends Pap tests be done every year for the first 3 years after women turn 21, or 3 years after first sexual contact. Pap tests **should be done yearly** for the first 3 years, and then continue every 2 years if results are normal. Please talk to your doctor about your suggested Pap testing frequency.)

COLORECTAL CANCER

(If you are 50 to 74 years old and not at high risk for colorectal cancer, have a stool test **every 2 years**. If you are 75 or older, talk to your doctor about whether a stool test is right for you.)

PROSTATE CANCER (If applicable)

(The Canadian Cancer Society recommends that men talk to their doctor about the potential benefits and risks of prostate cancer screening at about age 50. Men with higher risk may wish to discuss the need for screening at a younger age.)

TESTICULAR CANCER (If applicable)

(Some doctors screen for testicular cancer during annual physical examinations, however it is important that all men know what is normal for their testicles, and to go to the doctor if there is any changes to the testicles)



Talk to family doctor about screening and early detection for:	Date of last screening	Date of next screening
<p>DIABETES (If you are 40 years or over, you are at risk for type 2 diabetes and should be tested at least every 3 years. Be sure to talk to your doctor about your risk factor and a testing schedule that is right for you.)</p>		
<p>HIGH BLOOD PRESSURE (Healthy adults with normal blood pressure should have routine check-ups at least every 1 to 2 years. For those with high blood pressure, it is important to get it checked as recommended by your doctor or at least yearly.)</p>		
<p>HIGH CHOLESTEROL (As an adult, it is recommended to test cholesterol levels every 4 to 6 years, especially if you have a family history of heart disease or high cholesterol.)</p>		

Family history of cancer and other chronic diseases*:

**If you are at higher risk for developing certain cancers or chronic diseases, your doctor may recommend that you begin screening sooner or more frequently.*

Additional notes & questions to ask family doctor: