














AVERAGE RISK SCREENING CHART



SCREENING TYPE	AGE: <40	AGE: 40 - 49	AGE: 50 - 59	AGE: 60 - 69	ADDITIONAL NOTES AND RESOURCES
CANCER SCREENING					
 Mammogram (to screen for breast cancer)	Speak to your health care provider.	Speak to health care provider about mammograms every two years.	Every two years.	Every two years until 74, at which time, speak to your health care provider.	If you are age 40 to 49 without a family history of breast cancer: You are encouraged to talk to your doctor about the benefits and limitations of mammography. If screening mammography is chosen, it is available every two years. A doctor's referral is not needed but is recommended. Visit BC Cancer's website to learn more. www.bccancer.bc.ca/screening/breast/get-a-mammogram/benefits-and-limitations www.bccancer.bc.ca/screening/breast/get-a-mammogram/who-should-get-a-mammogram
 FIT testing (colon cancer screening)	Not routinely recommended in this age group. May be considered in some situations. Discuss with a health care provider.		Every two years.	Every two years up to 74 years.	Note: From age 50-74, Colonoscopy is recommended every five years for people with at least one of the following: <ul style="list-style-type: none"> • One first degree relative (mother, father, sister, brother, daughter or son) with colon cancer diagnosed under the age of 60; • Two or more first degree relatives with colon cancer diagnosed at any age; or • A personal history of adenomas. Visit BC Cancer's website to learn more www.bccancer.bc.ca/screening/colon/get-screened/what-is-colonoscopy www.bccancer.bc.ca/screening/colon/get-screened/what-is-the-fit
 Pap testing (to screen for cervical cancer)	Starting at 25, every three years.	Every three years.		Every three years up to 69.	You should still screen regularly for cervical cancer if: <ul style="list-style-type: none"> • You've been through menopause; • You've had only one sexual partner or have been with the same partner for a while; • You've had the human papillomavirus (HPV) vaccine; • You're in a same-sex relationship; or • You're a transgender person with a cervix. Visit BC Cancer's website to learn more. www.bccancer.bc.ca/screening/cervix/cervix-health/signs-symptoms www.bccancer.bc.ca/screening/cervix/get-screened/who-should-get-screened
VACCINATIONS (THE FOLLOWING ARE NOT MANDATORY, BUT RECOMMENDED.)					
 HPV vaccine (to build immunity against cervical cancer)	Recommended for females and males in school-based program. Approved in Canada in females aged nine to 45 And in males nine to 26.		Speak to health care provider.		

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 Flu vaccine	Recommended for everyone six months of age or older, who does not have contraindications to the vaccine.				Flu vaccine is especially recommended for: <ul style="list-style-type: none"> • Pregnant women; • Elders over the age of 65 years; • Children six to 59 months old; • People of any age who are residents of nursing homes and other chronic care facilities; and • Adults with some chronic health conditions. Please discuss with your doctor if you should receive the flu vaccine.
 Pneumococcal vaccine	Not routinely recommended in this age group. May be considered in some situations. Discuss with a health care provider.			Recommended for all adults age 65 and older.	There are some conditions that may put you at higher risk for pneumococcal disease and pneumonia. Please discuss with your doctor if you should receive the pneumococcal vaccine. People living in assisted living or other care homes are also recommended to be immunized at any age.
OTHER COMMON SCREENINGS					
 Blood Pressure (to check for hypertension)	Not routinely recommended in this age group. May be considered in some situations. Discuss with a health care provider.	Annual.			Any time you are visiting your doctor or pharmacy, it is recommended to take your blood pressure (especially if you are taking any medications, like contraception for example).
 Bone Mineral Density (to check for osteoporosis)	Not routinely recommended in this age group. May be considered in some situations. Discuss with a health care provider.			All men and women over 65.	A bone density scan may be done earlier than 65 if you are at increased risk of fractures. Speak to your health care provider to assess your risk.
 Vision check	Once between six and nine months of age. At least twice between two and five years old. Annual between six and nine years old. Every two to three years between ages 20 and 39.	Based on medical requirements. Generally recommended every two years.		Annual after 65.	Diabetics should have annual screening.
 Fasting cholesterol and glucose (to check for diabetes or heart risks)	Talk to your health care provider about a risk assessment starting at 20 years old.	Every one to five years depending on risk assessment.			
 Renal/Kidney Screening	No recommended Renal/Kidney screening for average to no-risk individuals.				First Nations Health Authority 501 - 100 Park Royal South Coast Salish Territory West Vancouver, BC, Canada V7T 1A2 www.fnha.ca info@fnha.ca

