

- **Colorectal** ( ≥ 50 yrs): FIT OR FOBT every 2 yrs OR Colonoscopy every 10 yrs OR Flex. Sig. every 5 yrs

- **Retina screening:** every 1-2 yrs
- **Chronic kidney disease screening:** every year with urine ACR & eGFR

### Cancer

- **Lung (if available)** ≥ 55 yrs & ≥ 30 pack-year smoking history: low-dose CT every yr up to 3 yrs

### Diabetes

- **FBS or FBG:** every 3 yrs  
OR
- **HbA1c:** every 3 yrs

- **BP:** ≤ 130/80 if dx with Diabetes or Kidney Disease
- **BP:** ≤ 140/90 otherwise

### Heart Disease

- Dx with Type 2 Diabetes OR > 50 yrs:  
**Cardiovascular Risk Assessment**

# Male

### Alcohol

- Limit alcohol intake
- ≤ 6 drinks each week
- **Binge Drinking:** ≥ 3 drinks at one sitting

### Spiritual & Mental Health

- Traditional medicines
- Traditional practices

### Commercial Tobacco & Cannabis

- Cannabis**
- Risk reduction
  - Set a quit date
  - Plan to reduce

- Tobacco**
- Set a quit date
  - Plan to reduce

### Exercise

- Limit refined sugar intake
- Bone Health: Vitamin D and Calcium-rich foods

### Diet

### Family History

- Per week:**
- Aerobic: ≥ 75-100 minutes (vigorous) or 150-300 minutes (moderate)  
AND
  - ≥ 2 days of strength training or body weight exercises

BMI 18.5 - 24.9  
Waist Circumference < 102 cm

# Health & Wellness Wheel

- **Breast** ( ≥ 50 yrs): Mammogram every 2 yrs
- **Cervical**: Pap every 3 yrs OR HPV tes every 5 yrs (Pap every 1 yr for immunocompromised patients)
  - **Colorectal** ( ≥ 50 yrs): FIT OR FOBT every 2 yrs OR Colonoscopy every 10 yrs OR Flex. Sig. every 5 yrs

- **Retina screening**: every 1-2 yrs
- **Chronic kidney disease screening**: every year with urine ACR & eGFR

### Cancer

- **Lung (if available)** ≥ 55 yrs & ≥ 30 pack-year smoking history: low-dose CT every yr up to 3 yrs

### Diabetes

- **FBS or FBG**: every 3 yrs  
OR
- **HbA1c**: every 3 yrs

- **BP**: ≤ 130/80 if dx with Diabetes or Kidney Disease
  - **BP**: ≤ 140/90 otherwise

### Heart Disease

- Dx with Type 2 Diabetes OR > 50 yrs:  
**Cardiovascular Risk Assessment**

# Female

### Family History

### Diet

- Limit refined sugar intake
- Bone Health: Vitamin D and Calcium-rich foods

- Limit alcohol intake
- ≤ 6 drinks each week
- **Binge Drinking**: ≥ 3 drinks at one sitting

### Alcohol

- Traditional medicines
- Traditional practices

### Spiritual & Mental Health

#### Cannabis

- Risk reduction
- Set a quit date
- Plan to reduce

### Commercial Tobacco & Cannabis

#### Tobacco

- Set a quit date
- Plan to reduce

### Exercise

#### Per week:

- Aerobic: ≥ 75-100 minutes (vigorous) or 150-300 minutes (moderate)  
AND
- ≥ 2 days of strength training or body weight exercises

BMI 18.5 - 24.9

Waist Circumference < 88 cm

#### Other Concerns:

- **Osteoporosis** (≥ 65 yrs): Bone Density Screening every 5 yrs

# Health & Wellness Wheel