



Date: _____ / _____ / _____
 (month) (day) (year)

Name: _____

Your Health Care Team and You Working Together: THE PREVENTION PRESCRIPTION

At your visit, we talked about important actions that you can take to help prevent cancer and chronic disease. This tool is a summary of our discussion, including next steps that we can take together to improve your health and well-being.

Screening For:	Status/Results:	Target:	Re-Check:	Referrals/Actions:
Cardiovascular Disease				
	Enter measurement value or lab value		Enter year or time frame	Enter referrals made or action items for patient or clinician
BMI	kg/m ²	18.5 - 24.9 kg/m ²		
WC	cm	Males < 102 cm Females < 88 cm		
Blood Pressure	/	DM or KD < 130/80 Other <140/90		
Risk Assessment	%	Every 3-5 yrs*		
ACE/ARB Criteria**				

Diabetes				
	FBS/FBG mmol/L or HbA1c%		Enter year or time frame	Enter referrals made or action items for patient or clinician
FBS/FBG/HbA1c		FBS/FBG <6 mmol/L HbA1C <6.0%		

Cancer Screening				
	Enter month and year of last test		Enter year or time frame	Enter referrals made or action items for patient or clinician
FIT/FOBT	/	Every 2 yrs*		
Sigmoidoscopy	/	Every 5 yrs*		
Colonoscopy	/	Every 10 yrs*		
Pap Test	/	Every 3 yrs*		
HPV Test	/	Every 5 yrs*		
Mammogram	/	Every 2 yrs*		
Lung	/			

Lifestyle and Other Concerns**				
			Enter year or time frame	Enter referrals made or action items for patient or clinician
Physical Activity		Aerobic ≥150 mins/week & resistive ≥ 2 days/week		
Nutrition		Fruits & vegetables (7-10 servings/day), health proteins & fats		
Alcohol		Limit alcohol; ≤ 6 drinks/week		
Tobacco		Quit/Reduce		
Cannabis		Quit/Reduce		
Depressed Mood				

Please circle those that are applicable -
Personal history of: CVD, Diabetes, Breast Cancer, Cervical Cancer, Colorectal Cancer, Lung Cancer, Prostate Cancer, Osteoporosis
Possible elevated risk for: CVD, Diabetes, Breast Cancer, Cervical Cancer, Colorectal Cancer, Prostate Cancer, Osteoporosis

*These are normal screening intervals. Review patient risk status to determine if they are at elevated risk.

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