

Factors That Determine Your Risk For Chronic Disease

Cancer Screening

- **Colorectal** (≥ 50 yrs) - FIT OR gFOBT every 2 yrs OR Colonoscopy every 10 yrs OR Flex. Sig. every 5 yrs
- **Lung (If available)** (≥ 55 yrs & ≥ 30 pack-year smoking history) - low-dose CT every yr up to 3 yrs

Diabetes

- **Fasting Blood Sugar (FBS) or Fasting Blood Glucose (FBG)** every 3 yrs OR
- **HbA1c** every 3 yrs

Personal History

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

Heart Disease

- **BP** $\leq 130/80$ if diagnosed with Diabetes or Kidney Disease
- **BP** $\leq 140/90$ otherwise
- Diagnosed with Type 2 Diabetes or > 40 yrs - **Cardiovascular Risk Assessment**

Other Concerns

Male

BMI 18.5 - 24.9 Waist Circumference < 102 cm

Mental Health

Nutrition

- Limit refined sugar intake
- Mediterranean or DASH diet
- Bone Health: Vitamin D and Calcium-rich foods

Physical Activity

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

Alcohol

- Limit alcohol
 - ≤ 6 drinks each week
- standard drink = 12 oz beer or cider, 5 oz wine or 1.5 oz liquor*
- **Binge Drinking:** ≥ 4 drinks at one sitting

Tobacco Use

- Set a quit date
- Plan to reduce

Cannabis Use

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

These are recommendations and targets for average risk adults 40-69 years of age

Factors That Determine Your Risk For Chronic Disease

Cancer Screening

- **Breast** (≥ 50 yrs) - Mammogram every 2 yrs
- **Cervical** - Pap every 3 yrs OR HPV Test every 5 yrs (Pap every 1 yr for immunocompromised patients)
- **Colorectal** (≥ 50 yrs) - FIT OR gFOBT every 2 yrs OR Colonoscopy every 10 yrs OR Flex. Sig. every 5 yrs
- **Lung (If available)** (≥ 55 yrs & ≥ 30 pack-year smoking history) - low-dose CT every yr up to 3 yrs

Diabetes

- **Fasting Blood Sugar (FBS) or Fasting Blood Glucose (FBG)** every 3 yrs OR
 - **HbA1c** every 3 yrs
- Personal History
- **Retina screening** every 1-2 yrs
 - **Chronic kidney disease screening** every year with urine ACR & eGFR

Heart Disease

- **BP** ≤ 130/80 if diagnosed with Diabetes or Kidney Disease
- **BP** ≤ 140/90 otherwise
- Diagnosed with Type 2 Diabetes or post-menopausal or > 50 yrs - **Cardiovascular Risk Assessment**

Other Concerns

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

Female

BMI 18.5 - 24.9 Waist Circumference < 88 cm

Mental Health

Nutrition

- Limit refined sugar intake
- Mediterranean or DASH diet
- Bone Health: Vitamin D and Calcium-rich foods

Physical Activity

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

Alcohol

- Limit alcohol
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