



# Primary Prevention & Screening Map - Cancer

**Physical Activity**  
Per week:  
Aerobic: ≥75 mins. (vigorous)  
or ≥150 mins. (moderate)  
AND Strength: ≥2 days

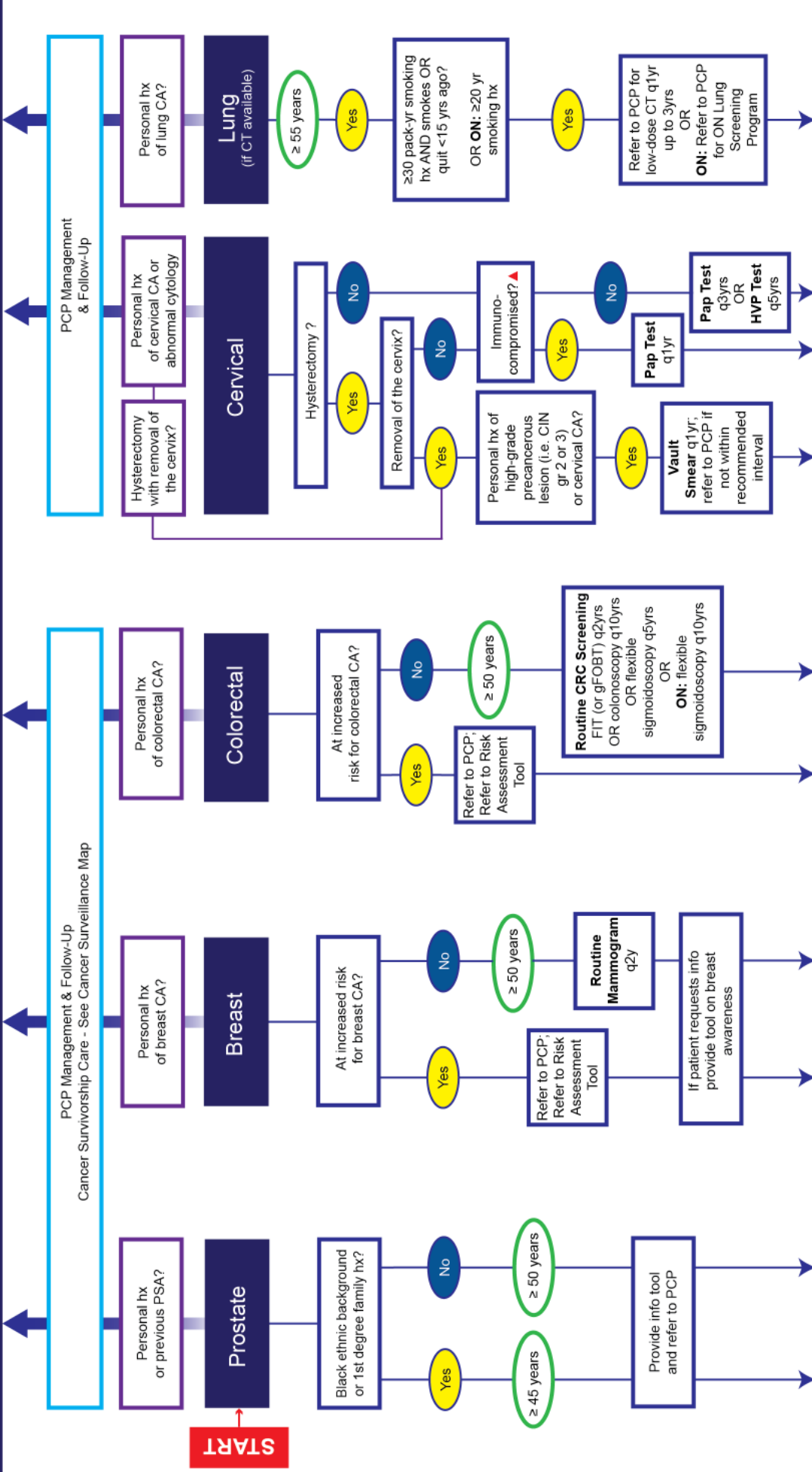
**Nutrition**  
Healthy Proteins and Fats  
Fruits/Vegetables

**Tobacco Use**  
Cigarettes/e-Cigarettes  
/Tobacco Products  
Quit/Reduce

**Alcohol Use**  
Limit Alcohol  
≤ 6 drinks/week  
F: < 3 in one sitting M: < 4 in one sitting

**Mental Health**  
Depression

**Cannabis Use**  
All Types (Non-prescribed):  
Quit/Reduce



## Goal Setting & Modifiable Risk Factor Reduction

**Nutrition and/or Physical Activity**  
Encourage improvement; Referral to counseling, program or discussion with PCP

**Alcohol/Tobacco/Cannabis**  
Encourage reduction/cessation; Referral for counseling, program or discussion with PCP

**Mental Health**  
Review positive effects of alcohol and cannabis reduction/cessation, physical activity and good nutrition

# Risk Assessment Tool

## Disease

## Elevated Risk

## Screening Action

- Person has known mutation (BRCA1 or BRCA2 or other gene predisposing to a markedly elevated BC risk) **OR**
- Untested 1st degree relative of a carrier of above mutation **OR**
- FH consistent with a hereditary BC syndrome & estimated personal lifetime cancer risk > 25% **OR**
- Have had radiation tx to the chest to treat another cancer or condition (e.g. Hodgkin Lymphoma) before age 30 and at least 8 yrs ago

Annual screening with MRI in addition to mammography starting at 30  
**AB:** Annual MRI, mammography & clinical breast exam starting at 30

## Breast Cancer (BC)

- Personal and/or FH of ovarian cancer any age (epithelial) **OR**
- Family member with BRCA1/BRCA2 mutation **OR**
- High-risk ethnicity (e.g. Ashkenazi Jewish or Icelandic) & personal and/or FH of hereditary breast & ovarian related cancers (breast, ovarian, male breast, pancreatic, prostate with Gleason score  $\geq 7$ )

Consider referral to a genetics clinic  
**ON:** Refer to Ontario Breast Screening Program (OBSP)

One or two 1st degree relatives with invasive BC but does not meet the criteria for referral to genetics or MRI screening

Annual mammography starting 5-10 yrs younger than youngest diagnosis - screening to start at 25-40  
 Annual clinical breast exam starting at 25

One 1st degree relative with CRC  $\geq 60$

**ON:** Colonoscopy q5yrs or as directed starting at 50 or 10yrs younger than youngest diagnosis  
**NS:** gFOBT or FIT q2yrs starting at 40 or colonoscopy q10yrs starting at 40  
**NL:** FIT q2yrs starting at 50  
**AB:** FIT q2yrs starting at 40

**ON, NL:** Colonoscopy starting at 50 or 10yrs younger than youngest diagnosis

**NS:** Colonoscopy q5yrs starting at 40 or 10yrs younger than youngest diagnosis

**AB:** Colonoscopy starting at 40 or 10yrs younger than youngest diagnosis; repeat as indicated

Colonoscopy starting at 50 - repeat as dictated by findings

Colonoscopy at the discretion of the Gastroenterologist

Colonoscopy q1-2yrs starting at 20-25 or 2-5yrs younger than youngest diagnosis if that diagnosis was made < 25, whichever is earlier

## Colorectal Cancer (CRC)

- One 1st degree relative with CRC < 60 **OR**
- Two 1st degree relatives with CRC at any age

2nd degree relative with CRC diagnosis < 50

Personal hx of Crohn's, UC, FAP, HNPCC, Lynch Syndrome (LS\*)  
 \*Refer pts with suspected LS to PCP to discuss genetics referral

- Carrier of mutation in LS gene **OR**
- Untested 1st degree relative of a LS mutation carrier

## Abbreviations & Definitions

**CA** - Cancer  
**CIN** - Cervical Intraepithelial Neoplasia  
**CT** - Computed Tomography  
**FAP** - Familial Adenomatosis Polyposis

**FH** - Family History

**HNPCC** - Hereditary Nonpolyposis Colorectal Cancer or Lynch Syndrome  
 Hx - History

**▲ Immunocompromised** - HIV, undergoing cancer treatment, post-organ transplant or immune-suppressing medications

**PCP** - Primary Care Provider

**PSA** - Prostate-Specific Antigen

**TC** - Total Cholesterol

**Tx** - Treatment

**UC** - Ulcerative Colitis



# Primary Prevention & Screening Map - Chronic Disease

## Physical Activity

Per week:  
Aerobic: ≥75 mins. (vigorous)  
or ≥150 mins. (moderate)  
AND Strength: ≥2 days

## Nutrition

Healthy Proteins and Fats  
Fruits/Vegetables

**Tobacco Use**  
Cigarettes/Cigarettes  
/Tobacco Products  
Quit/Reduce

**Mental Health**  
Depression

**Alcohol Use**  
Limit Alcohol  
≤ 6 drinks/week  
F: < 3 in one sitting M: < 4 in one sitting

**Cannabis Use**  
All Types (Non-prescribed):  
Quit/Reduce

Retina Screening q1-2yrs AND  
CKD screen with urine ACR and  
serum creatinine (eGFR) q1yr  
Refer to PCP if screening not within  
recommended intervals

Diagnosed with DM

START

FBS/FBG  
or HbA1c

<6 FBS/FBG  
OR <6 HbA1c

At risk for DM?  
Refer to Risk  
Assessment  
Tool

6.0-6.9  
FBS/FBG  
OR 6.0-6.4  
HbA1c

Repeat  
FBS/FBG  
OR HbA1c  
at 6 months

No  
improvement?

Refer to PCP for  
discussion of physical  
activity, diet and  
pharmacotherapy

FBS/FBG  
OR  
HbA1c  
q3yrs

FBS/FBG  
OR  
HbA1c  
q1yr

CVD Risk  
Assessment

Type 2 Diabetes  
M: > 40yrs  
W: > 50yrs  
OR  
Post-menopausal

Lipid profile within  
last 5yrs?

Assess CVD risk

< 10%

Repeat  
q3-5yrs

Refer to PCP  
for statin  
discussion and  
management

≥ 10%

Repeat  
q1yr

BMI

25.0-29.9

Measure Waist  
Circumference

North American  
M: ≥102cm  
W: ≥88cm

Refer to PCP for discussion  
of root cause assessment, lifestyle, risk  
stratification with Edmonton Obesity  
Staging System, optimization of  
medications and need for referral

★ M: ≥94cm W: ≥80cm for Euroid\*\*,  
Sub-Saharan African, Eastern Mediteran-  
nean and Middle East (Arab)

M: ≥90cm W: ≥80cm for South Asian,  
Chinese, Malay, Asian Indian, Japanese,  
South and Central American

\*\*Euroid ethnic group can use ★ and  
North American cut-off. Discuss with PCP.

18.5-24.9

Blood  
Pressure

Diagnosed with  
Hypertension

BP within  
last year?

>130/80  
Diagnosed with  
DM or CKD

>140/90  
Not diagnosed  
with DM or CKD

Refer to PCP  
for diagnosis  
and  
management

Refer to PCP  
if no bone  
density  
screen  
completed  
since age 60;  
Repeat  
screen as per  
screen as per  
PCP

Women  
≥ 65 years

Meets criteria  
for high risk;  
Refer to Risk  
Assessment  
Tool

Osteoporosis

Personal hx of  
Osteoporosis

≥ 50 years

Yes

Refer to PCP  
for possible  
fracture risk  
assessment  
and  
discussion  
(i.e. FRAX or  
QFracture)

Yes

Refer to PCP  
for possible  
fracture risk  
assessment  
and  
discussion  
(i.e. FRAX or  
QFracture)

Yes

Refer to PCP  
for possible  
fracture risk  
assessment  
and  
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(i.e. FRAX or  
QFracture)

PCP Management  
& Follow-Up

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## Goal Setting & Modifiable Risk Factor Reduction

**Alcohol/Tobacco/Cannabis**  
Encourage reduction/cessation; Referral for  
counseling, program or discussion with PCP

**Nutrition and/or Physical Activity**  
Encourage improvement; Referral to  
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**Mental Health**  
Review positive effects of alcohol and  
cannabis reduction/cessation, physical activity  
and good nutrition

# Risk Assessment Tool

Disease	Elevated Risk	Screening Action
<p><b>Osteoporosis and Bone Health</b></p>	<ul style="list-style-type: none"> <li>Fragility fracture* occurring after age 40 AND at risk for future fractures</li> <li>*Fragility fractures are defined as low trauma fractures (i.e. from a fall standing height or less), or presenting in the absence of obvious trauma</li> </ul> <p><b>Both Men and Women:</b></p> <ul style="list-style-type: none"> <li>BMI &lt;20 kg/m<sup>2</sup> OR consume &gt;3 drinks containing alcohol/day OR current smoker OR</li> <li>Living with HIV OR low bone mineral density (BMD) on DXA/DEXA OR</li> <li>On long-term antidepressant tx (in particular, SSRIs) OR</li> <li>Parental hx of osteoporosis OR hip fracture OR prolonged use of glucocorticoids*** OR</li> <li>Taking Proton Pump Inhibitors (PPIs) OR Thiazolidinediones (TZDs) OR</li> </ul> <p><b>Personal hx of:</b></p> <p>A neurological disease (including Alzheimer's, Parkinson's, MS and Stroke) OR Asthma OR Chronic Liver Disease OR Diabetes OR Epilepsy (taking enzyme-inducing antiepileptic agents) OR IBD OR malabsorption OR Hyperparathyroidism OR other Endocrine Disease OR moderate to severe CKD (eGFR &lt;60 mL/min/1.73m<sup>2</sup>) OR RA OR SLE</p> <p>***At least 3 months in the previous year at a prednisone equivalent &gt; 7.5mg QD</p> <p><b>Men:</b></p> <ul style="list-style-type: none"> <li>Personal hx of prostate CA and taking GnRH agonists</li> </ul> <p><b>Women:</b></p> <ul style="list-style-type: none"> <li>Hx of previously untreated early menopause OR taking aromatase inhibitors</li> </ul>	<p>Consider bone mineral density screening</p> <p>Consider fracture-risk assessment (particularly if in the presence of other risk factors)</p> <p><b>AB:</b> Consider bone mineral density screening</p>
<p><b>Diabetes Mellitus Risk</b></p>	<ul style="list-style-type: none"> <li>Cardiovascular Disease OR Hyperlipidemia OR</li> <li>Chronic Kidney Disease OR</li> <li>Family history - 1st degree relative OR</li> <li>From a community of color - African, Caribbean, Black, East Asian, Southeast Asia, South Asian and Latin OR</li> <li>HTN OR Elevated BP OR on HTN medication OR</li> <li>History of Gestational DM OR</li> </ul>	<ul style="list-style-type: none"> <li>Low socio-economic status OR</li> <li>Medication (glucocorticoids, atypical antipsychotics, HAART) OR</li> <li>Obesity OR High Waist Circumference OR</li> <li>Of African, Arab, Asian, Hispanic, Indigenous or South Asian descent OR</li> <li>Past impaired FBS/FBG OR HbA1c OR</li> <li>Polycystic Ovarian Disease</li> </ul>
<p><b>Abbreviations &amp; Definitions</b></p>		<p><b>Conditions for ACE/ARB</b></p>
<p><b>ACE</b> - Angiotensin Converting Enzyme Inhibitor  <b>ARB</b> - Angiotensin Receptor Blocker  <b>BP</b> - Blood Pressure  <b>CAD</b> - Coronary Artery Disease  <b>CHD</b> - Coronary Heart Disease  <b>CVD</b> - Cardiovascular Disease  <b>CKD</b> - Chronic Kidney Disease  <b>DM</b> - Diabetes Mellitus  <b>DXA/DEXA</b> - Dual Energy X-Ray Absorptiometry  <b>eGFR</b> - Estimated Glomerular Filtration Rate  <b>Europid</b> - Ethnic background from Europe, Northeast Atlantic, North Africa, the Horn of Africa, West Asia and Central Asia</p>	<p><b>FBG</b> - Fasting Blood Glucose  <b>FBS</b> - Fasting Blood Sugar  <b>HAART</b> - Highly Active Antiretroviral Therapy  <b>HTN</b> - Hypertension  <b>IBD</b> - Irritable Bowel Syndrome  <b>MS</b> - Multiple Sclerosis  <b>PCP</b> - Primary Care Provider  <b>PVD</b> - Peripheral Vascular Disease  <b>RA</b> - Rheumatoid Arthritis  <b>SLE</b> - Systemic Lupus Erythematosus  <b>SSRI</b> - Selective Serotonin Reuptake Inhibitor</p>	<ul style="list-style-type: none"> <li><b>DM OR</b></li> <li><b>CAD OR CVD OR PVD OR HTN OR</b></li> <li><b>Kidney Disease (eGFR &lt;60 or microalbuminuria)</b></li> </ul>