

*	MEN AGES 20 – 40 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	<p>Priority of any investigations depends on:</p> <p>1)Lifestyle factors</p> <ul style="list-style-type: none"> -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel -Sexual Activity <p>2)Past Medical History</p> <ul style="list-style-type: none"> -Predisposition -Injury/Illness to any Specific part of the Body <p>3)Family History</p> <p>*Speak to a Medical Professional to determine what is right for you</p>
Vaccines	Up to Date Childhood Vaccines Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Testing Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing ONLY IF High Risk Personal/Family History	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	WOMEN AGES 20 – 40 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	<p>Priority of any investigations depends on:</p> <p>1)Lifestyle factors</p> <ul style="list-style-type: none"> -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel -Sexual Activity <p>2)Past Medical History</p> <ul style="list-style-type: none"> -Predisposition -Injury/Illness to any Specific part of the Body <p>3)Family History</p> <p>*Speak to a Medical Professional to determine what is right for you</p>
Vaccines	Up to Date Childhood Vaccines Tetanus and Adult ADACEL (TDAP) Annual Influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	PAP / Pelvic / Cervical Cancer Screening Breast Cancer Imaging (Mammogram) ONLY IF High Risk Personal/Family History	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	MEN AGES 40 – 50 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	<p>Priority of any investigations depends on:</p> <p>1) Lifestyle factors</p> <ul style="list-style-type: none"> -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel -Sexual Activity <p>2) Past Medical History</p> <ul style="list-style-type: none"> -Predisposition -Injury/Illness to any Specific part of the Body <p>3) Family History</p> <p>*Speak to a Medical Professional to determine what is right for you</p>
Vaccines	Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	WOMEN AGES 40 – 50 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
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Vaccines	Tetanus and Adult ADACEL (TDAP) Annual influenza HPV / Warts Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & FIT Test ONLY IF High Risk Personal/Family History	

	MEN AGES 50 – 65 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	<p>Priority of any investigations depends on:</p> <p>1) Lifestyle factors</p> <ul style="list-style-type: none"> -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel -Sexual Activity <p>2) Past Medical History</p> <ul style="list-style-type: none"> -Predisposition -Injury/Illness to any Specific part of the Body <p>3) Family History</p> <p>*Speak to a Medical Professional to determine what is right for you</p>
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing	
Bones	Bone Mineral Density (BMD) ONLY IF High Risk Personal/Family History	
Colon	Colonoscopy & Fit Testing	

	WOMEN AGES 50 – 65 yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
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Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiology Testing If Abnormal	
Lungs	Chest X-Ray and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Test	

	WOMEN AGES 65+ yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
Full Body	Full Physical Exam / Blood Panel	Priority of any investigations depends on: 1)Lifestyle factors -Diet -Exercise -Stress -Smoking -Drinking -Drugs -Travel -Sexual Activity 2)Past Medical History -Predisposition -Injury/Illness to any Specific part of the Body 3)Family History *Speak to a Medical Professional to determine what is right for you
Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood/Cognitive Decline/Dementia Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiogram	
Lungs	Chest X-Ray or CT-Chest and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG Abdominal Aortic Ultrasound [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Breast Cancer Imaging (Mammogram) Recommended PAP / Pelvic / Cervical Cancer Screening	
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Testing	

	MEN AGES 65+ yrs Consider the Following on a Regular Basis (Periodic Review)	Priority
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Vaccines	Shingles Pneumonia - Influenza - RSV Tetanus and Adult ADACEL (TDAP) Sexual health - STD prevention / PrEP Travel Vaccines	
Brain	Mental Status Assessment Personality/Mood/Cognitive Decline/Dementia Substance Use (alcohol, tobacco, other drugs)	
Eyes	Vision Testing	
Ears	Hearing Test Audiogram	
Lungs	Chest X-Ray or CT-Chest and Pulmonary Function Test [Depending on Smoking / Family (Cancer) History]	
Heart	Cardiovascular Counselling EKG Exercise / Treadmill ECG Abdominal Aortic Ultrasound [Depends on Smoking / Lifestyle / Family History]	
Sex Specific	Prostate Specific Antigen Testing	
Bones	Bone Mineral Density (BMD) Testing	
Colon	Colonoscopy & FIT Testing	