

St. Georges Medical Clinic
Periodic Health Review for 49 years and older

Date

Name

DOB

Any new health concerns

Allergies (New)

Medication (New)

Family History (New)

Exercise

Other Information

FOR YOUR INFORMATION

Recommended Screening Tests

- FIT test every 2 years / colonoscopy if indicated
- Relevant blood work (CBC, Blood Sugar, Cholesterol panel and others)
- Mammogram every 2 years / annually if indicated
- Pap or Cervical screening every 3-5 years / more often if indicated
- PSA every 1-5 years if indicated
- CT Lungs if prior significant smoking history
- Abdominal Ultrasound for AAA if prior significant smoking history

Exams to Consider

- Eye Examination every 1-3 years
- Skin Examination as indicated
- Cardiovascular Examination

Immunization

- Tetanus / Diphtheria - every 10 years (free)
- Shingrix - 2 doses : 2 - 6 months apart (private cost ~ \$180)
- Prevnar 20 - >50 (free >65 or with chronic health conditions)
- RSV Vaccine - >60 if indicated (private cost ~\$270)
- Hepatitis A/B - 3-dose series (private cost ~\$80)