

OSTEOPOROSIS

Individuals over the age of 50 should consume a daily average 1,200 mg of calcium and between 800 and 2,000 units of vitamin D to help prevent osteoporosis. It is possible to meet the daily vitamin and mineral requirements; however there are calcium and vitamin D supplements available at the drugstore .

BLOOD PRESSURE

Measuring your blood pressure at home helps your family doctor detect hypertension and adjust your medication accordingly. Some people may experience higher blood pressure measurements during a medical check-up and be perfectly normal at home. This is called suffering from the white coat syndrome.

How do you define your real blood pressure versus a false one? Have with you, during your annual check-up, some measurements taken over a period of one week prior to your appointment. It is possible to have your blood pressure taken by a nurse at Proxim or Jean Coutu or at home if you have a blood pressure monitor. Your physician can then determine if your blood pressure remains high on a regular basis.

MEDICATION CHART

Bring your updated medication chart with you to each appointment with your doctor. This will prevent any errors in the treatment of your health issues and your doctor will waste no time during your appointment while calling the drugstore to make sure which medication you take. Keeping track of your medication is a team effort between you and your doctor!

VACCINES

Did you receive your booster dose against diphtheria and tetanus? You should know that you must receive the same vaccine more than once in your life. In fact, the protection afforded by the vaccine against these two illnesses lasts only for 10 years. It is therefore recommended to get vaccinated every 10 years so you are completely protected against these illnesses. Ask if your vaccines are up to date during your next visit with your doctor .

Références

- EMP 2014, CMQ
- *Comment mesurer votre pression artérielle à domicile*, Fondation des maladies du cœur, 2010
- *Le dépistage du cancer de la prostate*, CMQ, juin 2013
- Dr-MÉD.ca, édition Québec, 2012
- *Lignes directrices sur le dépistage du cancer du col de l'utérus au Québec*, INSPQ, juin 2011.
- *Protocole d'immunisation du Québec*, avril 2014
- *Association canadienne de gastroentérologie*
- *Canadian Medical Association Journal*



430, chemin Principal, Cap-aux-Meules (Qc) G4T 1R9
418 986-2121 www.cisss-desiles.gouv.qc.ca
Dépliant produit en août 2014 par Rémy Damphousse, étudiant en médecine, et
Service des communications

Thank you to
for their
support!



and



Centre intégré
de santé
et de services sociaux
des Îles

Québec 

ANNUAL MEDICAL EXAMINATION

Take a few minutes to read the following information before your next annual visit



PROSTATE CANCER

Are you wondering if during your next visit your physician will perform a digital rectal exam for detecting prostate cancer? Is it mandatory? Digital rectal exams are not mandatory. Screening for cancer of the prostate is offered to men aged between 55 and 70. There are potential screening benefits and drawbacks and you can opt to undergo the screening test or not.

Benefits

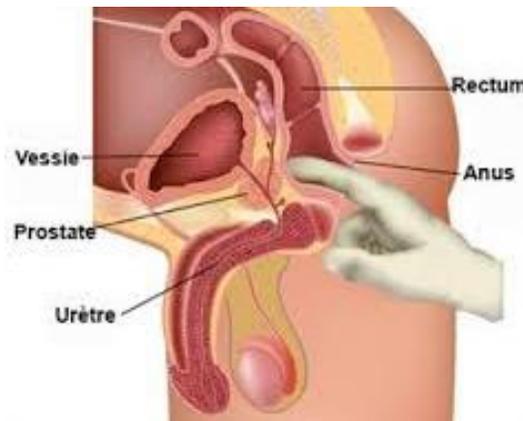
- Have the reassurance of not suffering from cancer of the prostate through obtaining a negative result;
- The life of one man out of one hundred can be saved through screening.

Drawbacks

- Prostate cancer is more often than not less aggressive to some degree and not often fatal. Screening increases your chances of early detection. However, not knowing most likely would not cause you any inconvenience;
- It is often difficult to assess the aggressiveness of the cancer. It may therefore be possible that your prostate could be removed. Complications frequently experienced after this surgery include urinary incontinence and erectile dysfunction.

This is not an easy decision. Your family doctor will help you decide and will abide by your decision. If you select to undergo the screening procedure, your physician will take a blood sample and perform a digital rectal examination.

More to the point, where and how is a prostate examination performed?



COLORECTAL CANCER

Do you understand why testing of the stools for blood is performed? This examination helps screen for colorectal cancer. Because colorectal cancer is a very aggressive cancer we recommend having your stool checked for blood every two years. This examination is for those between 50 and 75 years of age.

You are at a higher risk of developing colorectal cancer if you have a family history of cancer or polyps. In such cases, a colonoscopy examination will be selected as a diagnostic tool instead of testing your stool for blood.

CERVICAL CANCER

Did you know it is no longer recommended to be tested for cervical cancer every year? Indeed it is now recommended that women between the ages of 21 to 65, who still have their uterus, undergo the screening test (PAP test) every two to three years instead of every year.

BREAST CANCER

Did you know that breast examination by your physician is no longer recommended as a screening method for breast cancer? If you would like your physician to perform a breast examination you must ask for it. Mammograms remain the screening method of choice and are recommended for women between the ages of 50 and 74. Mammograms should be performed every two to three years. However, women who notice any changes in the physical appearance of their breasts or experience discharges from their breast should consult their physician.

