

"Am I due for a  
Wellness  
Visit?"

You may have called them "physicals",  
"annuals" or "check-ups"

At the Markham Family Health Team, you can  
access your Physician or Nurse Practitioner for  
a comprehensive *Wellness Visit* using the  
schedule below

2y - 20y  
every 1 - 2 years

- immunizations as required

21y - 39y  
every 3 years

- immunizations as required
- cancer screening (females)

40y - 64y  
every 2 - 3 years

- immunizations as required
- diabetes and cholesterol screening
- cancer screening

65y and older  
every 1-2 years

- immunizations as required
- cancer screening
- chronic disease screening and/or management

**For ongoing health issues that require regular follow up, please see your Physician or Nurse Practitioner as advised.**

Markham Family Health Team is committed to providing the best care possible, by focusing on your health and wellness needs throughout your lifetime. By providing you with a sample of when to see your provider for wellness visits, we highlight the difference between a wellness/screening appointment, and an appointment for a new or chronic health issue.

**For more information, please speak with your health care provider**

#### Cancer Screening for average risk individuals

Cancer Care Ontario [www.cancercare.on.ca](http://www.cancercare.on.ca)

Breast Cancer – females age 50-74y; **mammogram** every 2 years (after age 74 with referral from primary care provider)

Cervical Cancer – females age 21- 70y; **Pap test** every 3 years (can stop at age 70 with 3 normal Pap tests in the last 10 years)

Colorectal Cancer – males and females age 50 – 74y; **Fecal Occult Blood Test (FOBT)** every 2 years; for those at increased risk because of a family history of one or more first-degree relatives with a diagnosis of colorectal cancer, colonoscopy is advised

You and your health care provider may decide that more frequent screening is appropriate for you