

COMPREHENSIVE ANNUAL HEALTH ASSESSMENT

PREVENTATIVE CARE GUIDELINES

DIET

- Follow Canada Food Guide: <https://www.canada.ca/en/health-canada/services/canada-food-guides.html>
- Limit Total/Saturated Fat <7% calories/day
- Limit Cholesterol <200mg/day
- Increase soluble fibre 10-25g/day
- Increase plant sterols 2g/day
- Limit high calorie beverages

VITAMINS

- Calcium: 1000-1500mg/day
- Vitamin D: 1000-2000iu/day
- Folic Acid: 0.4mg/day for low risk women who are trying to conceive
- Zinc sulphate: 10mg/day (<12 YO 15mg/5ml daily)
- Vitamin C: 0.2-2mg/day

EXERCISE

- At least 150 minutes of moderate /vigorous activity per week as tolerated
- Moderate intensity: normal walking, golfing on foot, slow biking, raking leaves, etc.
- Maintain healthy bodyweight
 - BMI 18.5-27
 - Waist Circumference 102cm (men) and 88cm (female)
- Target weight loss of 0.5-1kg/week for 6 months by reducing calories by 500-100kcal/day and increasing physical activity to at least 30-60 minutes of exercise most days of the week

IMMUNIZATIONS

- Flu vaccine yearly
- Tetanus vaccine every 10 years
- Pneumovax 1 dose >65 years old or history DM, COPD, CAD, Chronic Diseases
- HPV 3 doses: Women 9-45yo, Men 9-26yo
- Zostavax 1 dose > 50 yo

DRUG USE

- Follow safety alcohol guidelines. Max male 14 drinks/week; female 7 drinks/week
- Smoking cessation, no illicit drug usage

SAFETY PROFILE

- Sun protection to prevent skin cancer daily; SPF 30+
- Prevent transmission of STI by using condoms regularly and testing annually if necessary
- Seat belts, noise and head protection when appropriate
- Dental hygiene: brushing/flossing daily and seeing dentist regularly