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Preventative Care Program

The Ministry of Health of Ontario has wisely initiated several preventive care programs. We advise you to take advantage of those that are recommended to you by your doctor.

They include the following:

Colorectal Cancer Screening which is a very simple stool test. This is recommended for patients between the ages of 50-74 years. This is done if not getting colonoscopies and its recommended every 2 years.

Pap smears are advised for all women who have at any time been sexually active: Every 3 years if pap results are normal, yearly if abnormal.

Mammograms are recommended for all women from age 50-74 years as well as others outside this age range under specific circumstances. A strong family history of breast cancer for example may prompt earlier screening in a given individual. Normally done every 2 years.

Immunizations are essential in early life but many adults have fallen behind with their recommended ten-year booster with tetanus for example. We always check and update your vaccines.

Flu Vaccine is generally available October. We recommend you call the office mid October to schedule an appointment. It is recommended that everyone over 6 months of age get this, including pregnant women. You may also receive this at your local pharmacy.

For more information go to www.ontario.ca/flu.

Note: You do not need to book a physical examination annually. ---- can be done every 2-3 years.

The preventative measures mentioned do not need to be dealt with at physical. They can be done anytime. Also, if you have specific concern may needs attention, no need to book general physical. Deal with the issue first, and do a physical examination when feeling generally well, at your convenience.

Sincerely,

Dr. Caroline Newman MD