

**Please take a few minutes to check off any of the following issues that you might like to talk about at your upcoming appointment.**

**We might not be able to address all the issues at once. But it's good to take an inventory and plan to address any lingering concerns so we can optimize your health and wellness.**

**~ Dr. Dax Biondi**

### **Medication & Tests**

I would like the following medications refilled today:

I would like the following lab work/tests ordered today:

### **Bone Density**

**I recommend that adults take 2000 IU and children take 1000 IU of Vitamin D3 daily for bone strength, metabolic health, and mood regulation.**

Do you take Vitamin D3 2000 IU every day?

**Low bone density can contribute to “fragility fractures,” which are breaks that happen from impacts not normally expected to cause fractures, such as a fall from standing height.**

☐ Are you concerned about bone density and interested in testing?

### **Vaccines**

**I recommend a COVID-19 booster every 6–12 months. Please ask your pharmacy if they offer this service.**

Would you like to discuss the COVID-19 vaccine?

**I recommend the flu shot every year (available from October to February) and it's available at our office.**

Would you like to discuss the influenza vaccine (flu shot)?

**I recommend a tetanus vaccination every 10 years to protect against the tetanus toxin, which is found in soil, enters through cuts, and affects nerve function.**

Do you need to update your tetanus shot?

**I recommend the RSV vaccine for adults over 60 years at increased risk of respiratory illness. It is covered by OHIP for: pregnant women (32–36 weeks), residents of retirement/long-term care homes, those on dialysis or post-transplant, those experiencing homelessness, and First Nations, Inuit, or Métis individuals. Otherwise, it may be covered by insurance or purchased for ~\$300.**

Would you like discuss the RSV shot (respiratory syncytial virus)?

**The pneumonia vaccine protects against *Streptococcus pneumoniae*, the leading bacterial pneumonia hospitalization. It is recommended for:**

- **Anyone 18+ with an immune-compromising condition or chronic disease**
- **Anyone aged 50–64 with a social risk factor**
- **Anyone aged 65 or older**

Would you like to discuss the pneumonia shot?

**HPV can cause genital cancer and vaccination is recommended for ages 9–27. The school vaccination program began in 2007. I can catch you up if you missed it.**

Would you like to discuss vaccination against the human papillomavirus (HPV)?

**Shingles is caused by the herpes zoster virus. It lies dormant in your sensory nerves and can erupt in painful, itchy blisters on one side of the body. Even after healing, nerve pain may persist. Shingrix significantly reduces risk and severity.**

- **It is recommended for those over 50 who have never been vaccinated or had Zostavax (the older vaccine) more than one year ago.**

- **If you've had shingles recently, Shingrix should be delayed one year later after blisters.**
- **Shingrix is a 2-dose series, covered by OHIP for ages 65–70.**

Would you like to discuss shingles vaccine?

**A measles outbreak is currently active in Southwestern Ontario. I recommend the following vaccination by age group:**

- **6–11 months: 1 dose, then 2 more doses, greater than 4 weeks apart, after age 12 months.**
- **12 months–4 years: 1 dose at 12–15 months, then a second 2nd dose at 18 months or latest by school entry.**
- **Age 18 years or greater and born after 1970: 2 doses (if only 1 dose, get 2nd). 2 doses are recommended for healthcare workers, students, and travelers.**
- **If born before 1970, presumed to be immune to measles. But give 1 extra dose if not immune or at risk.**
- **For healthcare workers and military personnel, 2 doses are highly recommended, regardless of birth year.**

Would you like to discuss measles protection?

## Cancer Prevention

**Baby boomers have slightly increased risk for having hepatitis C. One-time screening is recommended.**

Were you born between 1946 and 1964 and you have NOT had one-time hepatitis C screening?

**The stool FIT test screens for colon cancer and is recommended every 2 years.**

Are you over 50 and it's been 2+ years since your last FIT test?

**Some adults have had a colonoscopy and were given a recommendation to have a repeat colonoscopy so many years later to follow-up on polyps or for some other reason.**

☐ Were you told to have a follow-up colonoscopy and it's now due?

## Women's Health

**For average-risk women (no family history, BRCA mutation, or prior chest radiation), a mammogram every 2 years between ages 50–74 is recommended.**

Are you over 50 and it has been 2+ years since your last mammogram?

No

Yes

**Average-risk women in Ontario may now choose to begin screening earlier for breast cancer with mammogram, with the understanding that this may lead to more false positives and extra testing.**

☐ Are you over 40 and want to opt into earlier breast screening?

**High-risk breast cancer screening starts after age 30 and includes annual mammogram and MRI or ultrasound based on genetic criteria. I can help determine eligibility.**

☐ Do you think you are high-risk for breast cancer and under 40?

**Routine self-breast exams are not recommended for average-risk women, but if you do them and are concerned, I'm happy to assess.**

☐ Are you concerned about a breast lump?

**Pap smears are recommended every 3-5 years for sexually active women aged 25–70.**

Are you over 25, have ever been sexually active, and it's been more than 3 years since your last Pap smear?

No

Yes

**Painful, heavy, or irregular periods can reflect hormonal or structural issues. There are treatments.**

☐ Are your periods irregular or bothersome?

**Menopause may start with hot flashes, night sweats, mood and sleep changes—even before periods change. Symptoms can persist post-menopause. Treatments are available.**

☐ Are you concerned about menopause symptoms?

**Regarding a planned pregnancy: I'm happy to help. But start taking 1 mg folic acid daily at least 6 weeks before trying. Higher doses may be needed in some cases.**

☐ Are you thinking of getting pregnant in the next few years and want pre-pregnancy advice?

**Regarding birth control, I'm happy to discuss options.**

☐ Would you like to discuss birth control?

## Men's Health

**An annual PSA is recommended if you have a personal history of prostate cancer.**

☐ Do you have a history of prostate cancer but haven't had a PSA test in over a year?

**PSA screening is not routine in Ontario but can be discussed. Average-risk men may consider PSA at age 50. High-risk men (African ancestry, family history) should start at age 45. It's generally not recommended under 45 or over 70.**

☐ Do you want to talk about prostate cancer screening?

**Routine testicular self-exam is not recommended, but I'm happy to assess any concern.**

☐ Are you concerned about a lump in your scrotum?

**Abdominal aortic aneurysms (AAA) tend to develop without symptoms. One-time screening is recommended for men age 65-80 years. The follow-up depends on the size:**

- **2.5–3 cm: every 10 years**
- **3–3.9 cm: every 3 years**
- **4–4.9 cm: every 12 months**
- **5–5.4 cm: every 6 months**
- **≥5.5 cm: consider surgical referral**

☐ Are you a man between 65 and 80 and have never had an ultrasound for abdominal aortic aneurysm (AAA)? Or have a known AAA?

**Erectile dysfunction can be an early sign of heart disease. Addressing heart health is just as important as ED treatment.**

☐ Do you have erection problems and want help?

**The following may be signs of prostate enlargement and help is available.**

☐ Are you having trouble peeing—such as incomplete emptying, dribbling, frequent nighttime urination, or starting difficulty?

## Genito-Urinary and Reproductive Health

**Condoms help prevent infections like gonorrhea, chlamydia, and herpes. Use them consistently.**

☐ Would you like STI testing, have STI symptoms, or want advice about safe sex?

**The following may be signs of constipation. Constipation can cause stomach pain, urgency to pee, and even diverticulosis (damage to bowels). If you think you may be constipated, try Restoralax 17 g daily in 250 mL water for 30 days and make a long-term effort to increase your dietary fibre, such as:**

- Eating 2 slices of Carbonaut bread/day (high in fibre and available at all major grocery stores), or,
- Take Metamucil 3x/day in 250 mL of water, or,
- Eat 3/4 cup of Bran Buds each day.

**Aim for greater than 25 g fibre each day.**

☐ Are your bowel movements very hard, slow to pass, or require straining—or do you have hemorrhoids, rectal cuts, or itching?

**The following may be a sign of "urge" incontinence. If so, increasing your fibre intake to greater than 25 g/day may help because colon inflammation can irritate the near-by bladder muscle (see fibre ideas above).**

☐ Do you have a strong urge to pee and sometimes can't make it to the bathroom in time?

**The following may be a sign of "stress" incontinence, and there are effective treatments.**

- ☐ Do you pee a little when you laugh, sneeze, cough, or change position?

**Regarding LGBTQ2S+ issues, I'm happy to help.**

- ☐ Are you part of the LGBTQ2S+ community and would like support or guidance?

### Chronic Risk Factors

**A waist larger than your hips is a risk factor for heart disease, liver disease, diabetes, and sleep apnea. I can provide a personalized meal plan.**

- ☐ Do you want help with weight loss?

**Most people with diabetes should have blood work and an office check-up every 4 months.**

- ☐ Do you have diabetes but haven't had check-up blood work or an office appointment in over 4 months?

**Annual diabetic eye exams are essential. Please ask your eye specialist to send the report to Dr. Biondi.**

- ☐ Do you have diabetes and haven't had your eyes checked by an optometrist or ophthalmologist in more than a year?

**I can help you quit smoking. Any amount of smoking or nicotine increases your risk for heart disease and many types of cancer.**

- ☐ Do you smoke cigarettes or vape and want help quitting?

**You may be eligible for a low-dose CT scan to screen for lung cancer if you have smoked for greater than 20 years and are between the ages of 50 and 74.**

- ☐ Have you smoked for at least a cumulative 20 years and are between ages 50 and 74?

**More than 2 alcoholic drinks per week increases risk for obesity, malnutrition, heart disease, and cancer. This is a no-judgement zone.**

- ☐ Do you want help reducing your alcohol consumption?

**Marijuana can cause psychosis in young people and a condition called cannabis hyperemesis syndrome (severe vomiting and abdominal pain).**

- ☐ Do you smoke marijuana and want help cutting back?

**Do you use any of the following substances? This is a no-judgement zone. The first step is asking for help.**

- ☐ Do you use cocaine, amphetamines, methamphetamine, or fentanyl and want help?

**Regular exercise is important. Begin with moderate exercise that breaks a sweat but allows for conversation. Try for 30 minutes a day, 5 days a week. Walking is a great start.**

- ☐ Do you want to be more physically active but don't know where to start?

**Regarding cholesterol, it's reasonable to monitor it every 3–5 years starting in your 40s. Managing waist size and avoiding smoking are the most important steps. I can help with both.**

- ☐ Are you worried about your cholesterol and would like it checked?

**Sleep apnea can cause fatigue, mood changes, high blood pressure, and heart disease. Ask for help.**

- ☐ Do you snore, feel tired in the morning, experience daytime fatigue, have high blood pressure, or are worried about sleep apnea?

**Do you think you may have an eating disorder? This is a no-judgement zone. Please ask for help.**

- ☐ Are you afraid you've developed an unhealthy preoccupation with your weight? Do you think you may have an eating disorder?

## **Skin and Appearance**

**Do you have skin concerns? I'm happy to check your skin. That said, it's important to wear sunscreen, a broad-brimmed hat, and a swim shirt. Sunburns can increase your risk of skin cancer later in life.**



- ☐ Are you concerned about skin cancer and want a skin check today?

**Do you have questions about acne? Some acne can cause permanent scarring.**

- ☐ Are you concerned about acne and want help?

## Mental Health

**Depression and anxiety are treatable. Please ask.**

- ☐ Are you feeling depressed or anxious and want to talk?

**Self-harm thoughts, food insecurity, housing concerns, abuse, or financial stress are concerning. If you tell me, I'll try my best to help.**

- ☐ Do you feel unsafe? For example, thoughts of self-harm, food insecurity, housing concerns, experiencing abuse, or financial stress?

**Children and teens should limit screen time (outside of school) to under 2 hours/day. Avoid social media apps until at least age 16.**

- ☐ Do you or your children spend more than 2 hours per day on screens for non-work purposes?

## Aging and Body Care

**Regarding joint or muscle pain, pain lasting weeks to months without trauma or worsening may be due to soft tissue injury or arthritis. X-rays often don't improve outcomes much. Consider physiotherapy (6–12 weeks), massage, acupuncture, or chiropractic care. I can provide a note for insurance if needed.**

- ☐ Do you have joint, neck, or back pain that you wish to discuss?

**Ear wax concerns? I can flush your ears if needed. For prevention, use 4 drops of mineral oil twice daily for about 2 weeks.**

- ☐ Do you think you have wax in your ears—itching, fullness, or reduced hearing?

**Especially in older adults, falls may result from chronic illness or medication side effects. Let's discuss.**

☐ Have you had any recent falls?

**Memory concerns? Many people are reluctant to raise memory concerns. But there are investigations and supports available.**

☐ Are you concerned about your memory?

**Regarding your goals of care: It's important to communicate your preferences with your family and healthcare team. A DNR (do not resuscitate) certificate may be appropriate for some people approaching the later stages of life. I can help with documentation.**

☐ Would you like to discuss your 'goals of care,' resuscitation wishes, or DNR status?

**Regarding your dental health: I recommend you brush gently 4 times daily and floss once daily. It is also important to see a dentist once or twice a year.**

☐ Are you concerned about your teeth or cavities?



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