

Please refer to PATIENT PROGRAMS AND SERVICES for full write-ups on our programs.

Do I take my medications before I come in for fasting blood work?

No. You should not take your medications the morning you come in for fasting blood work. Bring them with you and take them after your blood is drawn. Also you should not have anything to drink, no chewing gum or candies. Do not drink anything except small sips of water.

When should I get tested for diabetes and cholesterol?

If you are concerned, ask your doctor or nurse practitioner.

Should I be getting a PSA test and if so at what age?

Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland. The PSA test measures the level of that protein in the blood.

There is normally a low level in PSA in the blood. Elevated levels can be caused by a number of conditions, such as benign prostate enlargement or cancer.

While it is not a specific test for prostate cancer, it is the best screening test we have. It is useful for men over 50 years of age.

If the PSA is elevated, then there are further investigations to determine the cause.

If you are experiencing symptoms or have had a previously elevated PSA test that warrants further investigation, there is no charge for the test. If the PSA test is for asymptomatic screening, there is a \$30 charge.

When do I need to start having mammograms?

In Ontario, breast cancer is the most common type of cancer in women. As you age, the chance of getting breast cancer rises. Mammograms (a breast cancer screening x-ray) can help to find small breast cancers before there are signs and symptoms. If breast cancer is found at an early stage there is a high rate of successful treatment. As well, for many women, finding cancer early may allow for more treatment options, such as breast conserving surgery or less aggressive treatment.

Generally, it is recommended that woman should have a screening mammogram beginning at age 50 and continue to do so every two years until the age of 69. Studies have shown that regular screening mammograms can reduce deaths from breast cancer by as much as one-third.

Our patients are covered under the Ontario Breast Screening Program (OBSP) at Campbellford Memorial Hospital. OBSP is a Cancer Care Ontario program. It provides high-quality mammography services for women 50 years of age and older. Mammograms are free-of-charge.

OBSP will send you a letter after your 50th birthday inviting you to come for a breast screening. Results of the screening appointment will be sent within two weeks to you and your doctor. If you should need it, OBSP will help to set up extra tests or referrals. OBSP will also send you a reminder letter when it is time to return for your next screening mammogram. Usually, this is every two years.

Women over the age of 74 do not receive a reminder letter from OBSP. However, they are welcome to call for an appointment after they have discussed it with their doctor/nurse practitioner.

However, if you have a family history of breast cancer (mother, sister, daughter), or have had a breast biopsy that showed abnormal cells, this may indicate an increased susceptibility to breast cancer. Please speak with your doctor or nurse practitioner to decide if you need to begin screening mammograms at an earlier age or at more frequent intervals.

Also, your doctor/nurse practitioner will recommend a mammogram if there is reason to suspect that you may have breast cancer, for example, if you or your doctor/nurse practitioner discover a lump in your breast.

In either of the above cases, a requisition will be sent directly to the desirable radiology department.

When do I need my first pap?

Have a Pap test as soon as you become sexually active (and that means any kind of sexual activity or genital skin-to-skin contact, including oral sex). Please consult with your health care provider. A second test should be taken after one year, especially if you begin screening after age 20.

Testing is usually every 1 to 3 years (this timing often depends on your previous test results). Even if you have stopped having sex, you should continue to have a Pap test.

Please see the [Cervical Screening Program](#)

Should I get a pap test after a hysterectomy?

Please discuss this question with your doctor or nurse practitioner because it depends upon the individual case.

In very general terms, those who have had hysterectomies, that removed the uterus but spared the cervix, should continue with regular pap tests.

For those who have had hysterectomies that removed both the uterus and cervix, it will depend upon whether or not, prior to the procedure, there were abnormal pap tests or cervical/pelvic cancer. If so, pap tests will be still recommended.

Since there is no one answer for all patients, it is important to discuss this with your clinician.

Please see the [Cervical Screening Program](#)

What are my choices for birth control?

This is something to discuss with your doctor or nurse practitioner. However this is an excellent website to do some research, which explains the various types of contraception as well as our matters of sexual health. It is geared towards teens or adults.

SOCIETY OF OBSTETRICIANS AND GYNAECOLOGISTS OF CANADA (SOGC)

<http://sexualityandu.ca/>