

Preventative Medicine Talk Given by Dr. Xue Zhang



FWCFFA had just hosted a preventative medicine talk given by Dr. Xue Zhang. Dr. Zhang is a family doctor from Parkview Hospital Physician Group. Dr. Zhang's talk focused on cancer screening guidelines, heart and blood vessel disease detection, and adult vaccine. Dr. Zhang briefly discussed two newer screening tests, the EBCT (Electron Beam Computed Tomography) for coronary heart disease and Low-dose Chest CT to detect early lung cancer in heavy smokers. Dr. Zhang also kindly provided a long Q&A session. The attendees highly appraised Dr. Zhang and find the talk very helpful.

Thank you Dr. Zhang, for your time in preparing and presenting this informative talk!

FWCFFA Service Team

Dr. Zhang's handout can be found below

Recommended Screenings/Vaccinations

建议的预防检查和疫苗

Screening or Vaccination	Description	Recommended Frequency
Influenza 流感疫苗	Flu vaccine	<ul style="list-style-type: none"> • Every year
Pneumovax 肺炎疫苗	Pneumonia vaccine	<ul style="list-style-type: none"> • Members who smoke or have chronic medical conditions 1 dose before age 65. May revaccinate 1 time after 5 years before age 65. • Everyone - Once after age 65.
Td/Tdap 破伤风和百日咳疫苗	Tetanus, Diphtheria, Pertussis vaccine	<ul style="list-style-type: none"> • Every 10 years (substitute Tdap for one dose)
Zostavax 疱疹疫苗	Shingles vaccine	<ul style="list-style-type: none"> • One dose after age 60.
Colonoscopy OR	Colon cancer screening	<ul style="list-style-type: none"> • Every 10 years (ages 50 – 75) OR
Fecal Occult Blood Testing		<ul style="list-style-type: none"> • Every year (ages 50 – 75)
Mammogram	Breast cancer screening	<ul style="list-style-type: none"> • Females - Every 2 years (age 50 - 74) • Under age 50 – discuss with your doctor
Bone Density test or DEXA scan	Osteoporosis screening	<ul style="list-style-type: none"> • Females (after age 65) • Females under age 65 – discuss with your doctor • Males – No recommendation to screen
Dilated retinal exam	Diabetic eye exam	<ul style="list-style-type: none"> • Every year for Diabetics (from CDC)
Hyperlipidemia	Cholesterol screening	<ul style="list-style-type: none"> • Males (after age 35) • Females at increased risk for heart disease (after age 45)
Low-dose Chest CT	Lung cancer screening	<ul style="list-style-type: none"> • Annually for smokers with 30 pack-year smoking history that currently smoke or quit within last 15 years (ages 55-80)

1. Advisory Committee on Immunization Practices. (2013, Febr 1). *Advisory committee on immunization practices (acip) recommended immunization schedule for adults aged 19 years and older — united states, 2013*. Retrieved from <http://www.cdc.gov/mmwr/preview/mmwrhtml/su6201a3.htm>
2. *Recommendations for Adults*. U.S. Preventive Services Task Force. <http://www.uspreventiveservicestaskforce.org/adultrec.htm>
3. Centers for Disease Control and Prevention. (2013, January 7). *Take charge of your diabetes*. Retrieved from <http://www.cdc.gov/diabetes/pubs/tcyd/eye.htm>

Breast Cancer Screening 乳腺癌筛

Age	Recommendation		
	Mammogram	Clinical Breast Exam	Self Breast Exam/Breast Awareness
≥ 25 – < 40		Every 1–3 years	Yes
> 40	Annual	Annual	Yes
> 74	At the discretion of physician		

Cervical Cancer Screening 宫颈癌筛

Age	Recommendation
21–29	• Cytology every 3 years; no HPV testing
30–65	• Cytology and HPV testing every 5 years (preferred) • Cytology alone every 3 years (acceptable)
> 65	Depends on previous screening results: • Negative* previous tests – no additional screening • History of CIN2, -3 or adenocarcinoma – continue with recommendation for 30–65 year old group (*Negative screening defined as 3 consecutive negative cytology results or 2 consecutive negative co-testing results in past 5 years)

Prostate Cancer Screening 前列腺癌筛

Age	Recommendation
< 54	• No routine PSA based screening recommended
55–69	• Greatest benefit of screening in this age group • Shared decision making based on patient's values and preferences, life expectancy and cancer risk
> 70 or any patient with < 10–15 year life expectancy	• No routine PSA-based screening • Some men > 70 who are in exceptional health may benefit from screening

Lung Cancer Screening 肺癌筛

Age	Recommendation
55–74 / High Risk*	• Annual** • Low-dose CT (SmartLung CT) • SmartLung CT screenings may be obtained via self-referral for individuals who meet the high risk criteria. A physician may order a SmartLung CT screening for high risk patients even if they do not meet all criteria but are deemed high risk by the physician.

*High risk is defined as smokers with a 30-pack year history, former smokers must have quit within the last 15 years.

**Discontinue screenings when the 15 year period since quitting has elapsed or if another health problem develops that would limit life expectancy or willingness to have lung surgery.

Colorectal Cancer Screening 大肠癌筛

Age	Recommendation
≥ 50	• Colonoscopy every 7–10 years starting at age 50; or high sensitivity FQBT or FIT annually
	Follow-up • If previous colonoscopy is normal: repeat every 7–10 years • If large or multiple polyps (≥ 3): repeat colonoscopy in at least 3 years • Individuals > age 80 or with multiple co-morbidities should be referred to a GI/Colon-Rectal specialist for determination of appropriate screening options

Average Risk = No associated symptoms and negative personal or family history of CR neoplasia (cancer or adenomatous polyps)

Note: Screening recommendations are based on current (2014) best-practice information from the corresponding medical specialties, American Cancer Society and the United States Preventive Services Task Force, and the National Comprehensive Cancer Network (NCCN). These guidelines may be adjusted based on the patient's individual medical needs.