### Preventive Care for ages 18 to 24 years

**Greig Health Record for Young Adults**

Selected Guidelines and Resources – Page 4

#### Strength of Recommendations
- **Bold = Good**
- **Italic = Fair**
- **Plain Text = consensus or inconclusive evidence**

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#### Selected Guidelines and Resources

<table>
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<tr>
<th>Preventive Care for ages</th>
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<tbody>
<tr>
<td>Hep C</td>
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<td>Hep B</td>
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<tr>
<td>Syphilis</td>
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<tr>
<td>Past STI Practices</td>
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<td>STI Protection</td>
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</table>

#### Prevention Counselling for Sexual Activity

- **Abstinence and reduction of number of sex partners**
  - CDC
- **Pre-exposure Immunization – Hepatitis B, HPV**
  - CDC, PHAC
- **Pre-exposure Immunization for men who have sex with men – Hepatitis A**
  - CDC, PHAC
- **Condom use (male), female condoms**
  - CDC, PHAC
- **Education about STIs – signs, symptoms, transmission, risk factors, safer sex practices**
  - PHAC
- **Nonoxynol 9 and increased risk of STI transmission**
  - CDC, PHAC
- **Partner testing (previously sexually active) for youth contemplating initiation of sexual activity**
  - PHAC

#### Iron deficiency

- Counsel at risk populations: encourage consumption of adequate dietary iron. Measure ferritin in those with multiple risk factors or for clinical suspicion.

#### Type II Diabetes Screening

- Screen individuals at higher risk as per consensus guidelines
- Adult guidelines: [http://guidelines.diabetes.ca/Browse/Chapter4](http://guidelines.diabetes.ca/Browse/Chapter4)

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#### Cervical cancer, STI and Infectious Disease Screening

<table>
<thead>
<tr>
<th><strong>Pap smears for sexually active females beginning at age 21. Delay screening if not sexually active. Screen every three years. No HPV testing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia and Gonorrhea</strong></td>
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<tr>
<td>Screen all asymptomatic sexually active women under 25 years males- assess risk</td>
</tr>
<tr>
<td>Urine or vaginal* or cervical swabs (use first 10 to 20 ml of urine, Preferable to avoid voiding 2hrs prior but does not preclude testing)</td>
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<tr>
<td><strong>Screen those who are symptomatic or who have contact with an infected person</strong></td>
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<tr>
<td>Use vaginal* or cervical swabs for females</td>
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<tr>
<td>Urine for males</td>
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</tbody>
</table>
* Vaginal self-administered swabs may be used. Instructions for sample collection should be given. |

**Risk factors:**
- Having a new sex partner, more than one sex partner, a partner with other concurrent partners, a partner with an STI
- Inconsistent condom use in persons who are not mutually monogamous
- Previous or existing STI
- At risk population – eg those in prison, military recruits, attending an STI clinic, certain communities

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#### HIV

**Risk factors:**
- Men who have sex with men
- Injection drug users
- Those with STI’s or requesting STI testing
- Unprotected vaginal or anal intercourse
- Having sexual partners who are infected with HIV, bisexual, or injecting drugs
- Exchanging sex for drugs or money

**Screen all sexually active individuals**

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#### Syphilis

**Screen for those at increased risk, including high community prevalence**

**Hep B**

**Screen high risk**

**Risk factors:**
- Men who have sex with men
- Injection drug users
- HIV positive people
- Household or sexual contacts of people with Hep B infection
- Those born in countries with high prevalence of Hep B

**Hep C**

**Screen high risk**

**Risk factors:**
- IV drug use intranasal drug use
- Unregulated tattoos,
- High risk sexual contacts and behaviours
- Other percutaneous exposures

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**Disclaimer:** Given the evolving nature of evidence and changing recommendations, the Greig Health Record is meant to be used as a guide only. Preventive care is delivered both episodically and at dedicated visits. This tool may be used in part or as a whole.

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**PHAC**


**SOGC**

[www.sogc.org](http://www.sogc.org)

**CDC**


**www.uspreventiveservicestaskforce.org**

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#### HPV, Herpes simplex

**Not recommended for primary screening**

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