

**PRIMARY CARE GENERAL HEALTH MAINTENANCE****For Patients with Inflammatory Bowel Disease (IBD)****Bone Health**

Patients with IBD have an increased risk of developing osteoporosis. A Bone Mineral Density (BMD) scan should be initiated by your family doctor at age 50, or earlier if you have experienced severe malnutrition or prolonged steroid use. If you are taking Prednisone, calcium and vitamin D supplementation is recommended.

From 2023 Osteoporosis Canada guidelines. [https://osteoporosis.ca/wp-content/uploads/2024/11/Quick-Reference-Guide-FINAL\\_Nov202493.pdf](https://osteoporosis.ca/wp-content/uploads/2024/11/Quick-Reference-Guide-FINAL_Nov202493.pdf)

**Skin Health**

IBD patients on immunosuppressive therapy are at increased risk for skin cancers.

CCO: <https://www.cancercareontario.ca/en/guidelines-advice/types-of-cancer/2536>

To protect your skin:

- Practice sun safety (e.g., wear protective clothing, use sunscreen).
- See your family doctor annually for a skin assessment or exam.
- Reference: Cancer Care Ontario
- Skin Cancer Screening Guidelines

**Vaccinations**

Please refer to the “Immunization of immunocompromised persons: Canadian Immunization Guide”. [Immunization of immunocompromised persons: Canadian Immunization Guide - Canada.ca](https://www.canada.ca/en/health-services/minister-of-health/immunization/immunization-of-immunocompromised-persons-canadian-immunization-guide.html)

Recommended vaccines include:

- Annual influenza ("flu") vaccine
- COVID-19 vaccine
- Pneumococcal vaccines (Vaxneuvance and Prevnar 20)
- Hepatitis B vaccine
- Shingrix (shingles) vaccine

Important notes:

- Non-live (inactivated) vaccines are safe for IBD patients.
- Live vaccines should not be given to patients receiving immunosuppressive or biologic therapy.
- Infants born to mothers on biologics should avoid live vaccines for the first 6 months of life.

**Cervical Cancer Screening (For Female Patients)**

Women with IBD who are on immunosuppressive or biologic therapy should have a Pap test every 3 years.

CCO: [OCSP-Guide-To-Cervical-Screening-EN.pdf](https://www.cco.ca/wp-content/uploads/2021/03/OCSP-Guide-To-Cervical-Screening-EN.pdf)

**Mental Health**

Chronic illnesses, including IBD, can increase the risk of depression and anxiety. We encourage you to discuss your mental health and emotional well-being with your family doctor.

**Cigarette Smoking**

Smoking is detrimental to overall health and may worsen Crohn's disease. We strongly recommend that patients take active steps to quit smoking.