

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

There is an increased risk of osteoporosis in patients with IBD. Your Family Doctor should order a Bone Mineral Density scan starting at the age of 50 (or sooner if severe malnutrition or prolonged steroid use). You should take Calcium and Vitamin D supplementation when on Prednisone. 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**

There is an increased risk of skin cancers with immunosuppressive therapy. Ensure you are practicing “sun safety” by covering your skin when in the sun and using sunscreen. Please see your Family Doctor annually for a skin assessment/exam. CCO: <https://www.cancercareontario.ca/en/guidelines-advice/types-of-cancer/2536>

**Vaccinations**

Please refer to the “Immunization of immunocompromised persons: Canadian Immunization Guide”. [Immunization of immunocompromised persons: Canadian Immunization Guide - Canada.ca](#)

We recommend that all patients have the annual influenza vaccine (the “flu” shot), COVID-19 vaccine, pneumococcal vaccines (Vaxneuvance and Prevnar 20), Hepatitis B vaccine, and the Shingrix vaccine.

NON-live (inactivated) vaccines are safe for patients with IBD to receive. LIVE vaccines should not be given to patients who are on immunosuppressive therapy/biologic therapy.

Babies born to women on biologic therapy should not receive live vaccines for the first six months of life.

**Cervical Cancer Screening**

Cervical cancer screening for IBD patients on immunosuppressive therapy is recommended every three (3) years, if HPV negative. If HPV positive, follow Cancer Care Ontario guidelines and discuss with your primary care physician or gynecologist. CCO: [OCSP-Guide-To-Cervical-Screening-EN.pdf](#)

**Mental Health**

Mental health issues such as depression and anxiety are common with chronic illnesses and IBD. We recommend discussing your mental health with your Family Doctor.

**Cigarette Smoking**

Cigarette smoking is harmful to your health and can worsen Crohn’s Disease. We recommend patients continue to make efforts to stop smoking.