

# OBSTETRICS & GYNECOLOGY SPECIALISTS, P.C.

## PREVENTIVE HEALTH CARE FOR WOMEN

In an effort to prevent death and serious illness due to preventable causes, the American Cancer Society, American Heart Association, and the American College of Obstetricians and Gynecologists have made the following recommendations:

### SCREENING TESTS:

1. Gynecological care for young women should begin before or with initiation of sexual activity.
2. Pap tests should begin at age 21 or 3 years after the start of sexual activity. Pap tests should be every year. After age 30 and after three consecutive normal pap tests, testing may be every one to two years at the discretion of the patient and the physician. You would still come in every year for an exam.
3. Cholesterol should be checked every five years beginning at age 20.
4. Mammography should be done every year after age 40. This should be combined with monthly self breast exam and annual physician exams.
5. Colon cancer screening begins at age 50 – a) stool hemocult test for blood in stool every year and sigmoidoscopy every 5 years OR b) colonoscopy every 10 years OR c) colon x-ray every 10 years.
6. Osteoporosis screening should be considered every three or four years after menopause.

### IMMUNIZATIONS:

1. Tetanus-diphtheria booster every 10 years.
2. Flu vaccine once a year after age 55.
3. Pneumococcal vaccine every six years beginning at age 65.

### FITNESS:

1. To decrease the risk of heart disease, an exercise program of fairly strenuous exercise of at least fifteen minutes at least three times a week is recommended. An exercise program should be started very gradually. If there is a history of heart disease this should be under the supervision of a physician.
2. To decrease the risk of heart disease and possible cancer of the breast and colon, a diet high in fiber and low in fat is recommended.
3. To decrease the risk of osteoporosis, an exercise program should include both upper and lower body exercise. Also make sure you are getting 1000 mg of calcium in diet per day if under age 50 and 1500 mg of calcium in diet per day if over age 50.

### RISK FACTORS:

1. Smoking significantly increases the risk of premature death due to heart attack, stroke, emphysema, and cancer of the lung and throat
2. Being significantly overweight increases the risk of heart disease, diabetes and hypertension.

**I would be interested in:**

	YES	NO	Last Screening
<b>1. Cholesterol Screening</b>			
<b>2. Mammography Screening</b>			
<b>3. Colon Cancer Screening</b>			
<b>4. Bone Density Screening</b>			
<b>5. Weight Loss Information</b>			
<b>6. Smoking Cessation Information</b>			
<b>7. Heart Disease Prevention Information</b>			
<b>8. Sexually Transmitted Disease Screening</b>			

**Please note that a separate visit may be required to address these issues. We would be happy to schedule an appointment for you when you check out.**