

HEALTHY HABITS

Routine Health Screenings for Women

Routine health screenings and exams are the best ways to detect and prevent serious diseases and health conditions. The following guidelines are general recommendations for women of various ages. Talk to your doctor about the specific health screenings and checkups that are right for you based on your age and risk factors.



Breast Cancer Screening

- Breast Self-Exam • Age 20 and over: Every month
- Clinical Breast Exam • Age 40 and over: Every year
- Mammogram • Age 40 - 54: Every year
• Age 55 - 74: Every 2 years or choose to continue getting every year
• Age 75 and over: Every 2 years or talk to your doctor

Bone Density Test (DEXA)

- Age 50 - 64: Ask your doctor if you need a bone density test
- Age 65 and over: Get a bone density test at least once and talk to your doctor about repeat testing

Cervical Cancer Screening (Pap Test)

- Age 21 - 29: Get a Pap test every 3 years if you have a cervix
- Age 30 - 39: You may choose to get a Pap test and HPV test together every 5 years if you have a cervix
- Age 40 - 64: Get a Pap test and HPV test together every 5 years if you have a cervix
- Age 65 and over: Ask your doctor or nurse if you need to get a Pap test

Colorectal Screening

- Age 50 and over:
 - Flexible sigmoidoscopy every 5 years, or
 - Colonoscopy every 10 years, or
 - CT colonography (virtual colonoscopy) every 5 years

Lung Cancer Screening

- Age 55-77:
 - Current smokers, or
 - Former smokers who quit in the past 15 years

Cholesterol Screening

- Age 20 and over: Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested

Blood Pressure Test

- Get tested at least every 2 years if you have normal blood pressure (lower than 120/80)
- Get tested once a year if you have blood pressure between 120/80 and 139/89
- Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher

Sources: U.S. Preventive Services Task Force; American Cancer Society; National Osteoporosis Foundation

According to the Michigan Department of Health and Human Services, more than 4 million people in Michigan experience a lowered quality of life as a result of chronic health conditions. Fortunately, preventive healthcare and routine screenings can help prevent up to 70% of chronic diseases and conditions.



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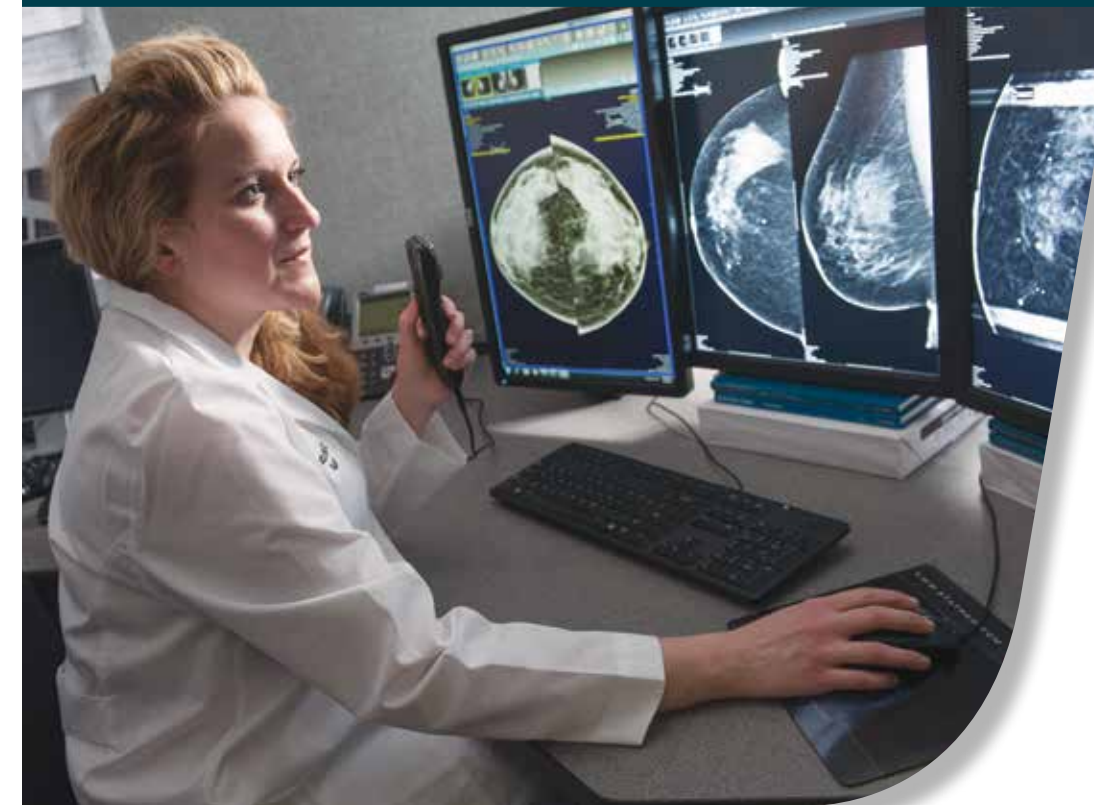
McLaren Lapeer Region is the primary provider of health care services to Lapeer County and the surrounding area. The medical center offers a comprehensive range of specialties and services to meet the medical and surgical needs of the community. Services offered include:

- A verified Level II Trauma Center
- Cardiac Care, including carotid stenting, PAD screening and cardiac rehab
- Peripheral Vascular Intervention
- Cancer diagnosis and treatment at the state-of-the-art Karmanos Cancer Institute at McLaren Lapeer Region
- Orthopedic surgery
- 24-hour emergency care
- Diagnostic Imaging and Interventional Radiology
- Physical Therapy, Occupational Therapy and Speech Therapy
- Pain Management Center
- Wound Care Center including hyperbaric oxygen therapy
- Neurosurgery
- Obstetrics and Gynecology
- Minimally invasive general surgery
- More than 150 primary and specialty care physicians



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PROGRESS

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WOMEN'S HEALTH Too Busy for Good Health?

Career demands. Family responsibilities. Care of elderly parents. It seems like people are busier than ever —especially women.

According to recent studies, Americans increasingly work longer hours and take fewer vacation days than most of the industrialized world. If you're like many women in the United States, you probably work outside the home and spend much of your "free time" taking care of the people around you.

An overly busy schedule often leaves little time for healthy habits and self-care. According to the U.S. Centers for Disease Control and Prevention, 67% of family caregivers have missed doctor's appointments because they put the needs of others first. More than 20% of women caregivers say they've skipped mammograms for similar reasons.

At McLaren Lapeer Region, we understand how busy you are. We've designed convenient programs to help women like you get the healthcare and screenings you need, when you need them, close to home. Look inside for more information about our women's health services and distinguished doctors in many disciplines. **For a physician referral, call toll-free (855) 331-0300.**

*Sources: Organization for Economic Cooperation and Development; U.S. Department of Labor; U.S. Centers for Disease Control and Prevention

Same-Day/Next-Day Digital Mammograms

Nobody likes to be kept waiting – especially when you’re waiting for mammogram results. That’s why McLaren Lapeer Region offers same day/next day mammogram appointments with same-day access to additional diagnostic tests, if needed. For added convenience, late appointment times are also available Wednesdays until 9 p.m.

Digital mammograms are the gold standard in breast cancer screening, but sometimes additional tests like ultrasound and tissue biopsies are needed.

“If we need to take a closer look with ultrasound, we try to do it on the same day – not only for faster diagnosis but also to reduce anxiety,” said Kristin Booth, D.O., Director of Mammography.

The Digital Mammography team at McLaren Lapeer Region includes board certified radiologists and mammogram technicians with more than 20 years of experience. McLaren Lapeer Region is the only provider in the area to offer digital mammography, ultrasound and diagnostic biopsies in one convenient location close to home.

Most women over 40 should have a mammogram screening every year. **Call toll-free (855) 331-0300 to schedule a digital mammogram today.**

About 12% of women in America will develop breast cancer sometime during their lives, according to the National Cancer Institute. That’s one out of every eight women, which makes breast cancer a fairly common disease. Mammography remains the gold standard for early stage breast cancer screening.



Advantages of Digital Mammography

Many health centers still use analog mammograms that print images on film. But the digital mammography technology now available at McLaren Lapeer Region allows our expert radiologists and technicians to capture and manipulate images with greater precision so abnormalities in breast tissue can be more easily identified. “We can magnify on a certain area or adjust the contrast to see masses more clearly,” said Dr. Kristin Booth, a board certified radiologist and fellowship-trained breast imaging specialist. “This provides a better breast image, especially in younger women with dense breasts.” Importantly, digital mammography also uses less radiation than traditional mammography, which means less radiation exposure per breast image.

DEXA Bone Density Screening

If you could look in the mirror and see your bones getting thinner, you’d probably take action to stop it. But that’s not the way it works. Breaking a bone is often the first sign that you have low bone mass or osteoporosis.

Fortunately, a simple, non-invasive test can help you learn about your risk of bone fracture before you break a bone. McLaren Lapeer Region offers DEXA bone densitometry, an advanced x-ray technology that measures your bone mineral density.

“The DEXA screening is important because osteoporosis and low bone mass are often very preventable,” said Neena Sharma, M.D., an Internal Medicine specialist at McLaren Lapeer Region. “If we catch it early, we can often stop bone loss with diet, exercise and special medications.”

The National Osteoporosis Foundation (NOF) recommends bone density testing for all women over age 65. The organization also recommends bone density testing for all women under the age of 65 who have one or more risk factors for osteoporosis.

The DEXA bone density test is a simple, non-invasive procedure. It takes less than 30 minutes and uses extremely low-dose x-rays, much less than a standard chest x-ray. In addition to checking for bone demineralization due to osteoporosis, the DEXA bone scan is used to detect bone loss caused by other diseases and treatments that can cause bone demineralization — including diabetes, cancer, lupus, kidney disease and liver disease.

Talk to your doctor to discuss whether a Bone DEXA Screening is right for you.



5 Steps to Bone Health Take action to keep your bones healthy!

1. Get your daily recommended amounts of calcium and vitamin D.
2. Engage in regular weight-bearing exercise.
3. Avoid smoking and excessive alcohol.
4. Talk to your doctor about bone health.
5. Get a DEXA bone density test and take medication when appropriate.

Source: National Osteoporosis Foundation

Who Needs Bone Density Testing?

According to the Radiological Society of North America, bone density testing is strongly recommended if you:

- Are a post-menopausal woman and not taking estrogen.
- Have a personal or maternal history of hip fracture or smoking.
- Are a post-menopausal woman who is tall (over 5 feet 7 inches) or thin (less than 125 pounds).
- Are a man with clinical conditions associated with bone loss
- Use medications that are known to cause bone loss, including corticosteroids such as Prednisone, various anti-seizure medications such as Dilantin, certain barbiturates or high-dose thyroid replacement drugs.
- Have Type 1 diabetes, liver disease, kidney disease or a family history of osteoporosis.
- Have high bone turnover, which shows up in the form of excessive collagen in urine samples.
- Have a thyroid condition such as hyperthyroidism.
- Have experienced a fracture after only mild trauma.
- Have had x-ray evidence of vertebral fracture or other signs of osteoporosis.

Meet the Specialists. Distinguished Doctors.

McLaren understands there’s no settling for second best when it comes to your good health. We take great pride in providing you with a range of distinguished doctors in many disciplines.

LISA M. ALLEN, DO
Obstetrics and Gynecology

LINDSEY KIRK, DO
Radiology

RAMONA ANDREI, MD
Gynecology

KATHLEEN M. PERKINS, DO
Family Medicine

KRISTIN BOOTH, DO
Radiology and Breast Imaging

AALIA SAEED, MD
Gastroenterology

BARBARA D. CHAPMAN, DO
Orthopedic Surgery

NEENA SHARMA, MD
Internal Medicine

MARIA CUMBA, MD
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Neurology and Sleep Medicine

JOAN MATEN, NP
Family Medicine

For a physician referral, call toll-free (855) 331-0300

www.McLaren.org

