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## **Health Screening for Women      Age 40 to 64**

### **Why Preventive Care?**

An annual review of your health history is very important. Even if you feel fine, it is important to see your doctor regularly to check for potential health problems. For instance, most people who have diabetes or high blood pressure are not even aware of that fact. Many health conditions do not cause any symptoms until the disease is advanced.

### **In-Office Preventive Care:**

You will be screened, or offered screening, with lab tests or procedures that are done in our office for a number of health conditions, including:

- Blood pressure screening for hypertension
- Weight monitoring and BMI calculation for obesity or overweight
- Screening for diabetes yearly
- Screening for high cholesterol every 5 years
- Screening for chronic kidney disease
- Screening for HIV and hepatitis C
- Screening for depression yearly

Your immunization history will be reviewed. Appropriate immunizations will be offered, or we can advise you where to obtain them economically. A flu shot is recommended for everyone every year.

A clinical breast exam and gynecologic exam (unless you have had a complete hysterectomy) should be done yearly. You should have a Pap test about every 3 years, unless you have had a hysterectomy.

Your health history and family health history will be reviewed yearly. Tell us if there has been a change in your family medical history, as some diseases are inherited. We will periodically review your health habits, such as whether you exercise regularly, whether you eat a healthy diet, and whether you use tobacco or alcohol.

### **Tests Done Outside Our Office**

There are several screening tests that are done outside our office that we will recommend and schedule for you as indicated. These include:

- Mammogram every 1-2 years, based on your history and preferences
- DEXA bone density testing if indicated
- Colonoscopy for women aged 50 and over, or younger based on history
- **If you smoke:** CT Scan for lung cancer screening may be indicated yearly

### **Other Preventive Care:**

- See your dentist yearly
- Have an eye exam every 3 years