

# PASSPORT TO WOMEN'S HEALTH



**Saint John's  
Health Center**

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*Breakthrough Medicine. Inspired Healing.<sup>SM</sup>*

# Introduction

Women are extraordinary. Daughters, sisters, mothers, aunts, cousins, friends, wives. Saint John's Health Center recognizes the importance of women and that women's health care needs are complex and ever changing.

That is why Saint John's has put together physician-recommended, age-appropriate screening guidelines and packages for women. All women are encouraged to read through these guidelines and the screening packages and ask their physician which screening tests are appropriate for them.

*Disclaimer: The guidelines and packages outlined in this book are for educational purposes only. All women should discuss tests, procedures and guidelines with their physician.*

For those women who do not have a primary care physician or need a specialist, Saint John's makes it easy to find a Women's Health physician.

1. Visit the Saint John's website at [www.stjohns.org](http://www.stjohns.org) and click on "Find a Physician." Women should then pick the relevant specialty and choose "Women's Health" from the "Special Areas of Interest" list.

– or –

2. Call **1-800-STJOHNS** to speak with a Women's Health representative.

# Screening Guidelines Ages 18-39

## General Health

- Full check up, including weight and height, every year

## Thyroid Test (TSH)

- Start at age 35, then every 5 years if normal

## Heart Health

- Blood pressure test
- Lipid panel (every 5 years, if normal)
- Smoking cessation
- Ankle brachial index if symptoms of claudication, have diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history)

## Bone Health

- Counseling

## Diabetes

- Blood glucose test every 3 years

## Breast Health

- If strong family history, get baseline mammogram 5-10 years prior to the age at which youngest relative was diagnosed

## Reproductive Health

Pap test & pelvic exam every 1-3 years

## Eye and Ear Health

- Complete eye exam every 2-4 years
- Hearing test every 10 years

## Skin Health

- Mole exam every 3 years

## Immunizations

- Flu vaccine yearly
- Tetanus-Diphtheria booster vaccine every 10 years
- HPV vaccine up to age 26
- Hepatitis B vaccine once, ages 18-25
- Pertussis vaccine every 10 years

## Health Tips for Women

- **Stop smoking!** When a woman stops smoking, her risk for a heart attack dramatically lessens.
- **Get moving.** Incorporate an exercise program into your daily routine. 30 minutes a day is all it takes!

# Screening Guidelines Ages 40-49

## General Health

- Full check up, including weight and height, every year

## Thyroid Test (TSH)

- Every 5 years if normal

## Heart Health

- Blood pressure test
- Lipid panel (every 5 years, if normal)
- Smoking cessation
- Ankle brachial index if symptoms of claudication, have diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history)

## Bone Health

- Bone mineral density test if postmenopausal

## Diabetes

- Blood glucose test every 3 years

## Breast Health

- Mammogram every year

## Reproductive Health

Pap test and pelvic exam every 1-3 years

## Eye and Ear Health

- Complete eye exam every 2-4 years
- Hearing test every 10 years

## Skin Health

- Mole exam every year

## Immunizations

- Flu vaccine yearly
- Tetanus-Diphtheria booster vaccine every 10 years
- Pertussis vaccine every 10 years

## Health Tips for Women

- **Watch your weight.** If you are 20% over an ideal weight for your height, you are considered to be overweight.
- **Control high blood pressure.** Referred to as the “silent killer,” high blood pressure puts an added strain on the heart and arteries.

# Screening Guidelines Ages 50-64

## General Health

- Full check up, including weight and height, every year

## Thyroid Test (TSH)

- Every 5 years if normal

## Heart Health

- Blood pressure test
- Lipid panel every 5 years if normal
- Smoking cessation
- Ankle brachial index if history of smoking and/or diabetes
- Stress testing for women age 55+ who plan to start a vigorous exercise program, have high risk jobs or have coronary artery disease
- CT calcium score for intermediate risk patients
- Carotid artery ultrasound

## Bone Health

- Bone mineral density test if postmenopausal or have had a fracture after the age of 50

## Diabetes

- Blood glucose test every 3 years

## Breast Health

- Mammogram every year

## Reproductive Health

- Pap test and pelvic exam every 1-3 years

## Colorectal Health

- Fecal occult blood test every year
- Colonoscopy every 5-10 years
- Rectal exam every 5-10 years

## Eye and Ear Health

- Complete eye exam every 2-4 years
- Hearing test every 3 years

## Skin Health

- Mole exam every year

## Immunizations

- Flu vaccine every year
- Tetanus-Diphtheria booster vaccine every 10 years
- Herpes zoster vaccine starting at age 60
- Pertussis vaccine every 10 years



# Screening Guidelines Ages 65+

## General Health

- Full check up, including weight and height, every year

## Thyroid Test (TSH)

- Every 5 years if normal

## Heart Health

- Blood pressure test
- Lipid panel every 5 years if normal
- Smoking cessation
- Ankle brachial index
- Stress testing for women age 55+ who are starting a vigorous exercise program, have high risk jobs or have coronary artery disease
- CT calcium score for intermediate risk patients
- Carotid artery ultrasound
- Abdominal aortic aneurysm ultrasound
- Take 81 mg of aspirin a day, unless contraindicated

## Bone Health

- Bone mineral density test
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## Diabetes

- Blood glucose test every 3 years

## Breast Health

- Mammogram every year

## Reproductive Health

- Pap test and pelvic exam every 1-3 years

## Colorectal Health

- Fecal occult blood test every year
- Colonoscopy every 5-10 years
- Rectal exam every 5-10 years

## Eye and Ear Health

- Complete eye exam every 2-4 years
- Hearing test every 3 years

## Skin Health

- Mole exam every year


## Immunizations

- Flu vaccine every year
- Tetanus-Diphtheria booster vaccine every 10 years
- Herpes zoster vaccine starting at age 60
- Pneumococcal vaccine one time only
- Pertussis vaccine every 10 years

## Screening Packages

Saint John's provides a full spectrum of treatment and diagnostic services and is dedicated to caring for women at every stage in their life. To help women take control of their health, the hospital has created five screening packages for women of all ages. Women can refer to these packages when speaking with their primary care physician and request the tests outlined.

As always, the Saint John's Women's Health physician will determine what screening exams are necessary, based on the woman's current condition. Any tests ordered will be billed according to the physicians' office. Women should check with their insurance regarding coverage.



## Basic

- Gynecologic consultation and exam
- Height, weight and blood pressure
- Breast exam
- Pap smear
- Pelvic ultrasound, if indicated
- STD screen when appropriate
- HPV vaccine, if under the age of 26

## Comprehensive

- Gynecologic consultation and exam
- Height, weight and blood pressure
- Breast exam
- Pap smear
- HPV Vaccine, if under the age of 26
- Pelvic ultrasound if indicated
- Full blood investigations, including screening for blood disorders, diabetes, coronary risk, kidney function, liver function
- Hepatitis screen if indicated
- VDRL and HIV screen if indicated
- Urinalysis

# Pre-Pregnancy Package

- Gynecologic consultation and exam
- Height, weight and blood pressure
- Breast exam
- Pap smear
- Pelvic ultrasound if indicated
- Complete blood count
- Blood grouping
- Hepatitis B screen
- Urinalysis
- Rubella and chickenpox immunity screen
- VDRL and HIV screen

## Pre-Pregnancy Health Tips for Women

- **Stop smoking.** Smoking can make it harder to get pregnant because it lowers a women's fertility level.
- **Take folic acid.** Women who are trying to conceive should take 400 mcg of folic acid daily.
- **Change diet and lifestyle.** Limit the intake of unhealthy foods and alcohol, and lose weight if you are overweight.

## In Your Prime Package, Ages 45+

- Complete medical history
- Complete family history
- Evaluation for high risk factors
- Gynecologic consultation and exam
- Height, weight and blood pressure
- Physical exam
- Breast exam
- Pap smear
- Pelvic ultrasound if indicated
- Mammogram
- Bone mineral density test, if indicated
- Urinalysis
- Counseling and explanation on hormone replacement therapy (HRT) and menopause
- Blood pressure test
- Full lipid panel
- Blood glucose test
- Waist measurement
- Ankle brachial index



# High Risk Cardiac Evaluation Package

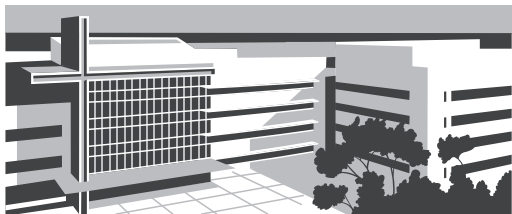
- C-reactive protein test
- Lipoprotein A test
- Homocysteine test
- Echocardiogram
- Electrocardiogram
- Intimal medial thickness ultrasound and carotid duplex
- Aortic ultrasound
- Coronary artery calcium scoring
- Stress test

## High Risk Factors for Heart Disease

- Smoking
- High blood pressure
- High cholesterol
- Diabetes
- Being overweight or obese
- Physical inactivity







## About Saint John's Health Center

Since its founding in 1942 by the Sisters of Charity of Leavenworth, Saint John's has been providing the patients and families of Santa Monica, West Los Angeles and ocean communities with breakthrough medicine and inspired healing. Saint John's provides a spectrum of treatment and diagnostic services with distinguished areas of excellence in cancer care, cardiac care, orthopedics, women's health and specialized programs such as the internationally acclaimed John Wayne Cancer Institute. Saint John's Health Center is dedicated to bringing to the community the most innovative advances in medicine and technology.

To find a physician, visit  
**www.stjohns.org**  
and search for physicians who have a  
special interest in women's health or call  
**1-800-STJOHNS**



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1328 Twenty Second Street, Santa Monica, CA  
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