



Staying Healthy Through the Life Cycle

Prevention and regular screenings are key from the inside out

Women's healthcare needs change as they age and move beyond their reproductive years, but at all ages, healthy habits, regular screenings and gender-specific medical care are essential to enjoying a lifetime of vitality.

"An extraordinary range of female primary and specialty services is offered at Saint John's Health Center, including routine female screenings, pregnancy and child-birth care, and treatment of menopausal concerns such as hot flashes and osteoporosis," said Jacqueline Trejo, MD, a Saint John's board-certified obstetrician/gynecologist.

"The Women's Health Program also provides specialty care, including minimally invasive gynecologic surgery, treatment of incontinence and the management of other

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—Jaqueline Trejo, MD

health concerns unique to women," continued Dr. Trejo. "And with the opening of the new Howard Keck Center, women who need to be hospitalized for any disease or surgery can enjoy the privacy and comfort of the McAlister Women's Health Center that comprises the entire third floor."

Dr. Trejo offered this potentially lifesaving advice for women: "To stay healthy, women of all ages should not smoke and should also avoid environmental tobacco smoke. They should maintain a healthy

weight, be physically active and eat a diet that is rich in vegetables, fruits and whole grains with high fiber, and low in saturated fats and trans fats. Alcohol intake should be limited to one to two glasses a week. Stress reduction is also very important and can be achieved through activities such as meditation, yoga or tai chi."

For more information, call 1-800-STJOHNS or visit www.women.newstjohns.org.

Women's Screening Exams

To ensure good health and that any problems are identified in their earliest stages, the Saint John's Women's Health Panel recommends the following age-specific screening exams:

 AGES 18–39	 AGES 40–49	 AGES 50–64	 AGES 65+
<p>General Health Full checkup, including weight and height, every year</p> <p>Thyroid Test (TSH) Start at age 36, then every 5 years if normal</p> <p>Heart Health a. Blood pressure test b. Lipid panel (every 5 years if normal) c. Smoking cessation d. Ankle brachial index if woman has leg cramps, diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history)</p> <p>Bone Health Counseling</p> <p>Diabetes Blood glucose test every 3 years</p> <p>Breast Health If strong family history, get baseline mammogram 5–10 years prior to the age at which youngest relative was diagnosed</p> <p>Reproductive Health Pap test and pelvic exam every 1–3 years</p> <p>Eye and Ear Health a. Complete eye exam every 2–4 years b. Hearing test every 10 years</p> <p>Skin Health Mole exam every 3 years</p> <p>Immunizations a. Flu vaccine yearly b. Tetanus-diphtheria booster vaccine every 10 years c. HPV vaccine up to age 26 d. Hepatitis B vaccine one, ages 18–25 e. Pertussis vaccine every 10 years</p>	<p>General Health Full checkup, including weight and height, every year</p> <p>Thyroid Test (TSH) Every 5 years if normal</p> <p>Heart Health a. Blood pressure test b. Lipid panel (every 5 years if normal) c. Smoking cessation d. Ankle brachial index if woman has leg cramps, diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history) e. Stress testing for women age 55+ who plan to start a vigorous exercise program, have high-risk jobs or have coronary heart disease</p> <p>Bone Health Bone mineral density test if postmenopausal</p> <p>Diabetes Blood glucose test every 3 years</p> <p>Breast Health Mammogram every year</p> <p>Reproductive Health Pap test and pelvic exam every 1–3 years</p> <p>Eye and Ear Health a. Complete eye exam every 2–4 years b. Hearing test every 10 years</p> <p>Skin Health Mole exam every year</p> <p>Immunizations a. Flu vaccine yearly b. Tetanus-diphtheria booster vaccine every 10 years c. Pertussis vaccine every 10 years</p>	<p>General Health Full checkup, including weight and height, every year</p> <p>Thyroid Test (TSH) Every 5 years if normal</p> <p>Heart Health a. Blood pressure test b. Lipid panel (every 5 years if normal) c. Smoking cessation d. Ankle brachial index if woman has leg cramps, diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history) e. Stress testing for women age 55+ who plan to start a vigorous exercise program, have high-risk jobs or have coronary heart disease f. CT calcium score for intermediate-risk patients g. Carotid artery ultrasound</p> <p>Bone Health Bone mineral density test if postmenopausal or have had a fracture after the age of 50</p> <p>Diabetes Blood glucose test every 3 years</p> <p>Breast Health Mammogram every year</p> <p>Reproductive Health Pap test and pelvic exam every 1–3 years</p> <p>Colorectal Health a. Fecal occult blood test every year b. Colonoscopy every 5–10 years c. Rectal exam every 5–10 years</p> <p>Eye and Ear Health a. Complete eye exam every 2–4 years b. Hearing test every 10 years</p> <p>Skin Health Mole exam every year</p> <p>Immunizations a. Flu vaccine yearly b. Tetanus-diphtheria booster vaccine every 10 years c. Pertussis vaccine every 10 years d. Herpes zoster vaccine starting at age 60, one time only. Ask your doctor or nurse if it is okay for you to get it.</p>	<p>General Health Full checkup, including weight and height, every year</p> <p>Thyroid Test (TSH) Every 5 years if normal</p> <p>Heart Health a. Blood pressure test b. Lipid panel (every 5 years if normal) c. Smoking cessation d. Ankle brachial index if woman has leg cramps, diabetes and one risk factor for vascular disease (smoking, high cholesterol, high blood pressure, family history) e. Stress testing for women age 55+ who plan to start a vigorous exercise program, have high-risk jobs or have coronary heart disease f. CT calcium score for intermediate-risk patients g. Carotid artery ultrasound h. Abdominal aortic aneurysm ultrasound i. Take 81 mg of aspirin a day unless contraindicated</p> <p>Bone Health Bone mineral density test</p> <p>Diabetes Blood glucose test every 3 years</p> <p>Breast Health Mammogram every year</p> <p>Reproductive Health Pap test and pelvic exam every 1–3 years</p> <p>Colorectal Health a. Fecal occult blood test every year b. Colonoscopy every 5–10 years c. Rectal exam every 5–10 years</p> <p>Eye and Ear Health a. Complete eye exam every 2–4 years b. Hearing test every 10 years</p> <p>Skin Health Mole exam every year</p> <p>Immunizations a. Flu vaccine yearly b. Tetanus-diphtheria booster vaccine every 10 years c. Pertussis vaccine every 10 years d. Herpes zoster vaccine e. Pneumococcal vaccine one time only</p>