

Women's Wellness

at St. Elizabeth Healthcare

From our bones and breasts, to our hearts and reproductive systems, women have our very own set of health needs and concerns. For optimum health, we need medical experts who specialize in our care. We need the Women's Wellness professionals at St. Elizabeth Healthcare. Under the Women's Wellness umbrella, St. Elizabeth has assembled the area's leading experts in breast cancer, osteoporosis, heart health and genetic counseling.

The New Women's Wellness Center at St. Elizabeth Ft. Thomas

At approximately 8,000 square feet, it is one of the largest such centers in Northern Kentucky.

But it's much more than size that makes this state-of-the-art facility unique. It's also the posh surroundings, seamless delivery of care, and up-to-the-second technology.

The center offers women a broad array of services in a soothing, spa-like setting and the dedicated group of physicians, cancer surgeons, nurses and technicians are all skilled in the most advanced medicine and the use of the latest diagnostic technology to obtain the clearest picture of each woman's health.

Services available at the center include:

- Mammography (Screening and Diagnostic)
- Breast Biopsy
- Breast Ultrasound
- Nurse Navigators for Breast Health Clinic
- DEXA (Bone Density Imaging)
- Women's Wellness Boutique
- Holistic Health Services

To schedule your appointment call (859) 655-7400.
For more information about the center call (859) 572-2300.



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Edgewood, KY 41017
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www.stelizabeth.com

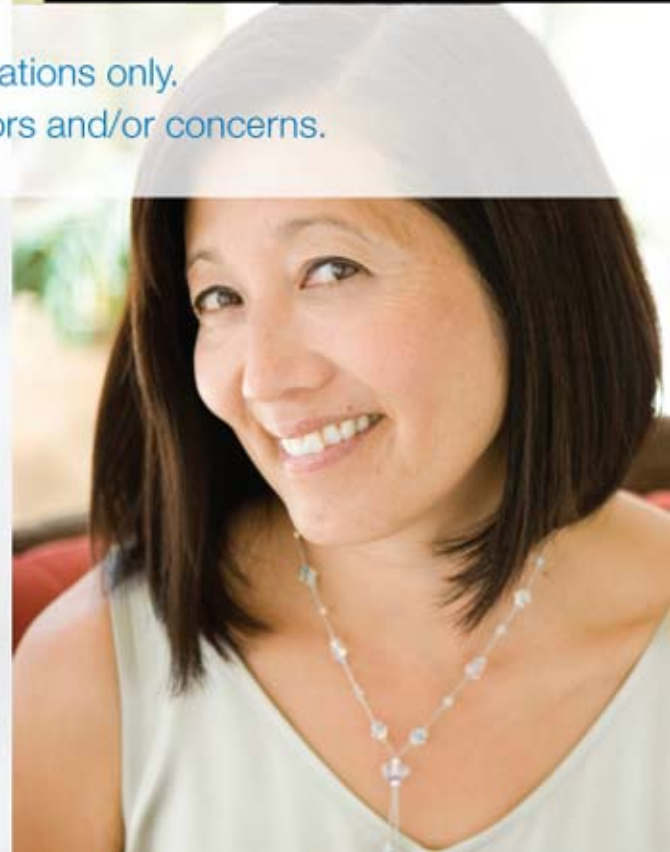
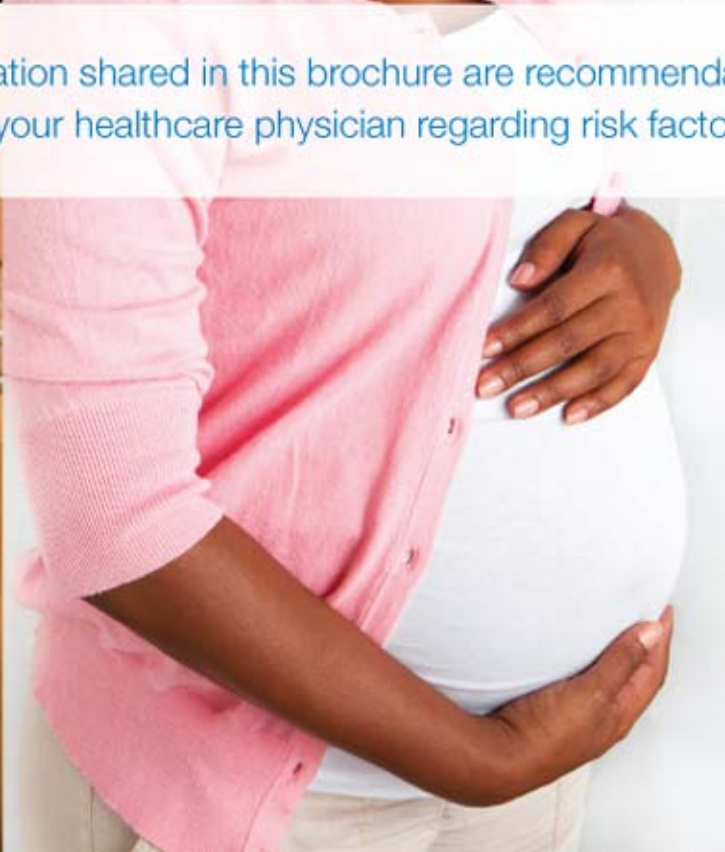
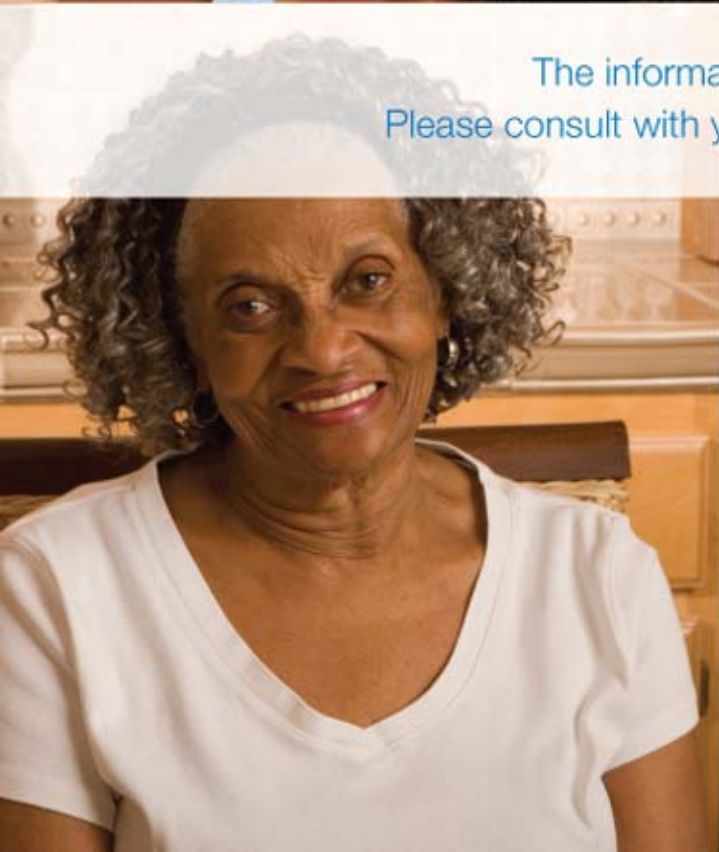
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Recommendations for Health: All ages





The information shared in this brochure are recommendations only.
Please consult with your healthcare physician regarding risk factors and/or concerns.



Vaccinations

VACCINE	19-39 YEARS	40-49 YEARS	50-69 YEARS	70+ YEARS
Influenza vaccine	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)
Tetanus, diphtheria, pertussis (Td, Tdap) vaccine	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough. Families and caregivers of infants should consider vaccination for pertussis.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough. Families and caregivers of infants should consider vaccination for pertussis.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.
Varicella (chickenpox) vaccine	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.
Human papillomavirus (HPV) vaccine	You need this vaccine if you are 26 or younger and have not already completed the vaccine series.			
Zoster (shingles) vaccine			Starting at age 60, you need a single dose of this vaccine.	Starting at age 60, you need a single dose of this vaccine.
Measles, mumps, rubella (MMR) vaccine	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you were born in 1957 or later and have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	
Pneumococcal vaccine	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine. You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose.	You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose.
Meningococcal vaccine	You need this vaccine if you are a young adult planning to live at college or have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.

Screening tests

TEST	19-39 YEARS	40-49 YEARS	50-69 YEARS	70+ YEARS
General Health: Full checkup, including weight and height. Ask your doctor or nurse about health topics such as:				
Overweight, obesity, body mass index (BMI)	Annual evaluation for weight, BMI and waist circumference	Annual evaluation for weight, BMI and waist circumference	Annual evaluation for weight, BMI and waist circumference	Annual evaluation for weight, BMI and waist circumference
Tobacco use	Avoid tobacco products and second-hand smoke. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW. No smoking in pregnancy.	Avoid tobacco products. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW. No smoking in pregnancy.	Avoid tobacco products. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW	Avoid tobacco products. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW
Alcohol use	If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine. NO alcohol in pregnancy.	If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine. NO alcohol in pregnancy.	If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine.	If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine.
Depression	It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.	It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.	It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.	It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.
Thyroid (TSH) testing	Discuss with your health care provider.	Discuss with your health care provider.	Every 5 years	Every 5 years
Skin cancer evaluation	Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.	Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.	Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.	Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.
HIV test	At least once to find out your HIV status. Talk with your health care provider if: you have had unprotected sex with multiple partners; you have injected drugs; you exchange sex for money or drugs or have sex partners who do; you have had a partner who is HIV-infected; you are being	At least once to find out your HIV status. Talk with your health care provider if: you have had unprotected sex with multiple partners; you have injected drugs; you exchange sex for money or drugs or have sex partners who do; you have had a partner who is HIV-infected; you are being	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your health care provider.

	treated for an STD; you had a blood transfusion between 1978-1985; you have other concerns. Ask your health care provider if and when you need the test again.	treated for an STD; you had a blood transfusion between 1978-1985; you have other concerns. Ask your healthcare provider if and when you need the test again.		
Heart Health:				
Blood pressure test	Every office visit or at least every 2 years if blood pressure is less than 120/80 mmHg – (more often if you have a higher risk)	Every office visit or at least every 2 years if blood pressure is less than 120/80 mmHg – (more often if you have a higher risk)	Every office visit or at least every 2 years if blood pressure is less than 120/80 mmHg – (more often if you have a higher risk)	Every office visit or at least every 2 years if blood pressure is less than 120/80 mmHg – (more often if you have a higher risk)
Cholesterol test	Screen every 5 years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.	Screen every 5 years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.	Screen every 5 years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.	Screen every 5 years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.
Vascular Screening	Know the signs of heart attack and stroke	Know the signs of heart attack and stroke	Know the signs of heart attack and stroke	Recommends Abdominal Aortic Aneurysm (AAA) screening by ultrasonography in smokers.
Bone health:				
Bone mineral density (BMD) test		BMD recommended for adults with fragility fracture or high risk conditions.	BMD recommended for women with a prior fracture, and as recommended for certain medications and nutritional conditions and low body weight.	BMD recommended for all women.
Diabetes:				
Blood glucose or A1c test	Based on family history or as directed in pregnancy.	Fasting Blood Glucose (get a baseline if you do not have one, then every 3 years, and may be required more often if you are pregnant, overweight, diabetic or at risk for becoming diabetic).	Fasting Blood Glucose (get a baseline if you do not have one, then every 3 years, and may be required more often if you are pregnant, overweight, diabetic or at risk for becoming diabetic).	Fasting Blood Glucose (get a baseline if you do not have one, then every 3 years, and may be required more often if you are pregnant, overweight, diabetic or at risk for becoming diabetic).
Breast health:				
Mammogram (x-ray of breast)	Based on family history or genetic tendency, mammography and MRI may be recommended. Discuss with your health care providers.	Yearly mammograms are recommended starting at age 40.	Yearly mammograms are recommended starting at age 40.	Yearly mammograms are recommended to continue as long as a woman is in good health.
Clinical Breast Exam (CBE)	Clinical breast exam (CBE) about	Clinical breast exam (CBE) every	Clinical breast exam (CBE) every	Discuss benefits and limitations

and Self-Breast Exam (SBE)	every three years for women in their 20s and 30s and every year for women 40 and over. BSE is an option for women starting in their 20s. Discuss benefits and limitations with your health care provider.	year for women 40 and over. BSE is an option. Discuss benefits and limitations with your health care provider.	year for women 40 and over. BSE is an option. Discuss benefits and limitations with your health care provider.	with your health care provider.
Reproductive Health:				
Pap test	Begin cervical cancer screening after vaginal intercourse, but no later than age 21. Screen annually.	Beginning at age 30, women with 3 normal Pap in a row may get screened every 2 to 3 years. (Consider HPV test in decision-making).	Beginning at age 30, women with 3 normal Pap in a row may get screened every 2 to 3 years. (Consider HPV test in decision-making).	Women age 70 and older with no abnormal Pap tests in past 10 years may choose to stop having Pap tests. May also discontinue with TAH.
Sexually transmitted infection (STI) tests	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.	Discuss with your health care provider.
Colorectal health:				
Many tests can screen for colorectal cancer.	Based on family history or genetic tendency (Lynch or FAP syndrome), annual colonoscopy may be recommended. Discuss with your health care provider.	Based on family history or genetic tendency (Lynch or FAP syndrome), annual colonoscopy may be recommended. Discuss with your health care provider.	Beginning at age 50, flexible sigmoidoscopy every 5 years*, or colonoscopy every 10 years, or barium enema every 5 years* (*if abnormal, follow with colonoscopy).	Beginning at age 50, flexible sigmoidoscopy every 5 years*, or colonoscopy every 10 years, or barium enema every 5 years* (*if abnormal, follow with colonoscopy).
Eye and ear health:				
Comprehensive eye exam	Discuss with your doctor or nurse.	Get a baseline exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years until age 55, then every 1-3 years until age 65, or as your doctor advises.	Every 1-2 years
Hearing screening	Every 10 years	Every 10 years	Every 3 years	Every 3 years
Oral health:				
Dental and oral cancer exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.
Family history	Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.	Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.	Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.	Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.

Sources: ISCD, AHRQ, ACS, NHLBI/AHA, USPSTF, St. E, AAD