

NEBRASKA
HEALTH
NETWORK

A white line-art outline of a woman's profile, facing right, positioned on the left side of the page. The background is a blue-tinted photograph of three smiling women.

WOMEN'S HEALTH

A GUIDE TO PROACTIVELY
MANAGE YOUR HEALTH

TAKE THE FIRST STEP

Screenings Help You Proactively Manage Your Health

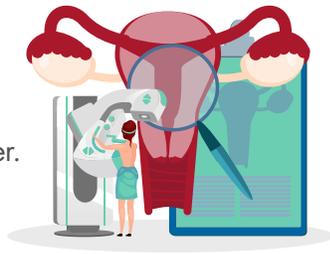
There are important steps you can take to protect yourself through every stage of your life. By incorporating the recommended cancer prevention and early detection measures and screenings into your routine health and wellness plan, you can decrease your chances of cancer and live a healthier life. Keep in mind that many factors such as your medical and family history and lifestyle choices may impact which options are best for you. Consider the recommendations below and make an appointment with your care provider to discuss the best plan for your care.

CERVICAL CANCER SCREENINGS

According to the American Cancer Society, cervical cancer starts in the cells lining the cervix – the lower part of the uterus. Cancer starts when the cells in the body begin to grow out of control. Often, women with early cervical cancers or pre-cancers do not have any symptoms.

The best way to find cervical cancer early is to have regular screenings with a Pap test. A Pap (Papanicolaou) test is a procedure used to collect cells from the cervix so they can be looked at in a lab to find cancer and pre-cancer.

Often a Pap test is combined with a test for Human Papillomavirus or HPV. By doing an HPV test, providers can look for cervical cancer-causing cells.



BREAST CANCER SCREENINGS

There are two main types of breast cancer-related screenings:

MAMMOGRAM

A mammogram is an X-ray examination of the breast used to detect and evaluate breast disease, benign tumors and cysts; often before they can be detected by touch.

Many mammograms utilize 3D mammography. Unlike traditional mammograms that capture a single image and view at one time, 3D mammography captures multiple images of breast tissue to recreate a 3-dimensional picture of the breast. This procedure has a 40% higher invasive detection rate than a traditional mammogram.

BIOPSY

A biopsy test is given to patients who either have a suspicious breast lump or have an abnormal result from mammography screening. These tests are used to determine whether or not breast cancer is present, and if so, whether or not it has traveled outside the breast.

(source:Nebraska Medicine)



1 in 8

Women in the U.S. will be diagnosed with breast cancer in her lifetime.

Source: NationalBreastCancer.org

~13,800

new cases of invasive cervical cancer are diagnosed each year in the United States.

Source: American Cancer Society

85%

of breast cancers occur in women who have no family history of breast cancer.

Source: breastcancer.org

MANAGING YOUR HEALTH THROUGH THE DECADES



It is important to monitor your health at every age. Regular visits and discussions with your care team can help create a personalized care plan to uniquely identify which screenings and tests are appropriate based on your age and risk factors.

The following recommendations will help guide that discussion and may help you develop a plan for your future health.



- **ANNUALLY**

- ✓ Yearly Physical *that includes:*
 - Blood pressure check
 - Blood test
- ✓ STD screening (if sexually active)
- ✓ Vision screening

- **EVERY TWO-THREE YEARS**

- ✓ Pelvic exam
- ✓ Pap smear

- **EVERY FIVE YEARS**

- ✓ Blood sugar and cholesterol testing

- **IF NEEDED**

- ✓ Skin check
- ✓ High-risk human papillomavirus (hrHPV) testing
- ✓ Hepatitis C Virus (HCV) screening

! HEPATITIS VIRUS (HCV) SCREENING IS RECOMMENDED AT LEAST ONCE BETWEEN THE AGES OF 18 - 79

- **ANNUALLY**

- ✓ Yearly Physical *that includes:*
 - Blood pressure check
 - Blood test

- **EVERY THREE YEARS**

- ✓ Cervical cytology

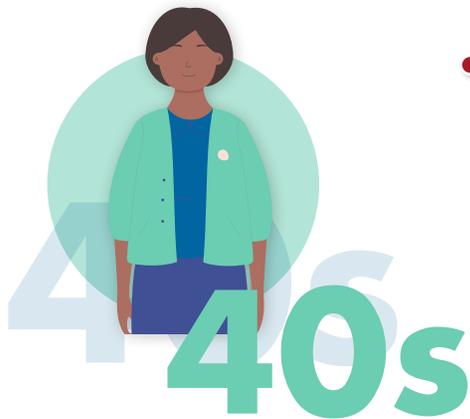
- **EVERY TWO-FIVE YEARS**

- ✓ Pelvic exam
- ✓ Pap smear
- ✓ Blood sugar test
- ✓ Cholesterol testing

- **IF NEEDED**

- ✓ Skin check
- ✓ High-risk human papillomavirus (hrHPV)





- **ANNUALLY**

- ✓ Yearly Physical *that includes:*
 - Blood pressure check
 - Blood test
 - Cholesterol testing
 - Mammogram
 - Eye disease screening

- **EVERY FIVE YEARS**

- ✓ Blood sugar testing
- ✓ Colonoscopy
- ✓ Pelvic exam
- ✓ Pap smear

- **IF NEEDED**

- ✓ High-risk human papillomavirus (hrHPV)

- **ANNUALLY**

- ✓ Yearly Physical *that includes:*
 - Blood pressure check
 - Blood test
 - Cholesterol testing
 - Mammogram
 - Skin check

- **EVERY 10 YEARS**

- ✓ Colonoscopy
- ✓ Vaccine Update
 - Hepatitis
 - Tetanus

- **IF NEEDED**

- ✓ Skin check
- ✓ High-risk human papillomavirus (hrHPV)

- **EVERY FIVE YEARS**

- ✓ Pelvic exam
- ✓ Pap smear
- ✓ Bone density test



- **ANNUALLY**

- ✓ Yearly Physical *that includes:*
 - Blood pressure check
 - Blood test
 - Cholesterol testing
 - Vitamin D test
 - Mammogram
 - Skin check

- **EVERY 10 YEARS**

- ✓ Colonoscopy
- ✓ Vaccine Update
 - Shingles
 - Tetanus
 - Pneumonia

- **IF NEEDED**

- ✓ High-risk human papillomavirus (hrHPV)

- **EVERY FIVE YEARS**

- ✓ Pelvic exam
- ✓ Pap smear
- ✓ Bone density test



The most important step in your health is scheduling an appointment and speaking with your provider to develop a plan to best serve you! Interested in learning more about what you can do for your health?

Go to NebraskaHealthNetwork.com/Patients and discover a library of educational resources to help you manage your health.