



NEBRASKA  
HEALTH  
NETWORK



# WOMEN'S HEALTH

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A GUIDE TO MAINTAIN YOUR HEALTH  
THROUGHOUT THE DECADES

# TAKE THE FIRST STEP

## Screenings Help You Proactively Manage Your Health

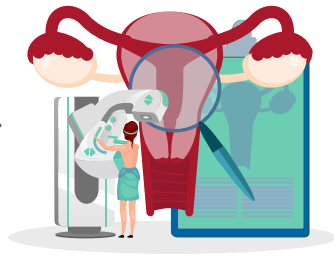
There are important steps you can take to protect yourself through every stage of your life. By incorporating the recommended cancer prevention and early detection measures and screenings into your routine health and wellness plan, you can decrease your chances of cancer and live a healthier life. Keep 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.

### BREAST MAGNETIC RESONANCE IMAGING (MRI)

A breast MRI uses magnets and radio waves to take photographs of the breast. This is used along with mammograms to screen women who are at high risk for breast cancer. These are not used for women who are at average risk since breast MRIs may appear abnormal even when there is no cancer.

(source: CDC)



**1 in 8**

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

Source: NationalBreastCancer.org

**~14,100**

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. If you are unsure which screenings are right for you, contact your primary care provider.



## ● ANNUALLY

- ✓ Yearly Physical that includes:
  - o Blood pressure check
- ✓ STD screening (if sexually active)
- ✓ Vision screening
- ✓ Dental exam
- ✓ Skin check

## ● EVERY TWO-THREE YEARS

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

## ● EVERY FIVE YEARS

- ✓ Cholesterol testing

## ● IF NEEDED

- ✓ 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:
  - o Blood pressure check
- ✓ Dental exam
- ✓ Vision screening
- ✓ Skin check

## ● EVERY THREE YEARS

- ✓ Cervical cytology
- ✓ Blood sugar testing

## ● EVERY TWO-FIVE YEARS

- ✓ Pelvic exam
- ✓ Pap smear and HPV test
- ✓ Cholesterol testing

## ● IF NEEDED

- ✓ HIV and STI screening





### ● ANNUALLY

- ✓ Yearly Physical that includes:
  - o Blood pressure check
  - o Cholesterol testing
  - o Mammogram
- ✓ BMI/Obesity screening
- ✓ Depression screening
- ✓ Dental exam
- ✓ Skin check

### ● EVERY FIVE YEARS

- ✓ Colonoscopy
- ✓ Pelvic exam
- ✓ Pap smear

### ● IF NEEDED

- ✓ High-risk human papillomavirus (hrHPV)
- ✓ Blood sugar test (Every three years)
- ✓ Eye disease screening (Every two to four years)

### ● ANNUALLY

- ✓ Yearly Physical that includes:
  - o Blood pressure check
  - o Cholesterol testing
  - o Mammogram
- ✓ Skin check
- ✓ Dental exam

### ● EVERY FIVE YEARS

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

### ● EVERY 10 YEARS

- ✓ Colonoscopy
- ✓ Vaccine Update
  - o Hepatitis
  - o Tetanus

### ● IF NEEDED

- ✓ High-risk human papillomavirus (hrHPV)
- ✓ Blood sugar test (Every three years)
- ✓ Eye disease screening (Every two to four years)



### ● ANNUALLY

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

### ● EVERY FIVE YEARS

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

### ● EVERY 10 YEARS

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

### ● IF NEEDED

- ✓ High-risk human papillomavirus (hrHPV)
- ✓ Blood sugar test (Every three years)
- ✓ Eye disease screening (Every two to four years)



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/PrimaryCare](https://NebraskaHealthNetwork.com/PrimaryCare) to connect with a provider today.**