

# Women's Health



At Pacific Medical Centers, we want you to feel comfortable and confident in getting the care you need. We respect your busy life and special health-care concerns. That's why we have an entire practice group devoted to the unique interests of women. We also offer services and screenings to help you live your healthiest life.

Visit our Women's Health page at [www.PacMed.org/womenshealth](http://www.PacMed.org/womenshealth).

## Health Services and Screenings

At PacMed,<sup>™</sup> we've found that our patients enjoy our multi-specialty network because of the collaboration that occurs between them and their health-care team. We offer comprehensive services to assess your health.

Here are some of the routine screenings that we offer specifically to women. You and your provider may decide there are other screenings that are right for you.

### Starting at age 18+

- Birth control and family planning
- Cervical cancer screenings (Pap smears)
- Gynecological services (see more on reverse)
- Endometriosis and fibroids treatment
- Pelvic pain treatment

### Starting at age 40+

- Osteoporosis screenings
- Family planning over 40
- Menopausal care
- Colon cancer screenings
- Mammography screenings (see more on reverse)
- Urinary incontinence (see more on reverse)

## PacMed's MyChart

PacMed's MyChart is your secure, online health connection.

With MyChart, you can view your medical records, message your health-care team, make an appointment and see your test results.

For more information, visit us at [www.PacMed.org/MyChart](http://www.PacMed.org/MyChart).

## Excellent Access

- Flexible primary care appointments
- Doctors who can see you on the weekend
- In-person and secure Zoom virtual visits available



For more information, call us at [1.888.4PACMED \(1.888.472.2633\)](tel:18884PACMED) or visit us online at [www.PacMed.org](http://www.PacMed.org).



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## Breast Cancer Screenings

We think routine mammograms should be as convenient and comfortable as possible. Our Diagnostic & Wellness Center for Women (DWCW) is a comfortable and caring setting. Your screening will be performed by a highly trained technologist and interpreted by a board-certified radiologist who specializes in diagnostic breast imaging.

Our dedicated team will ensure you receive excellent care. Schedule a regular mammogram and support the early detection of breast cancer.

## Gynecology and Urinary Incontinence Services

If you are experiencing bladder-control issues, there's no need to suffer alone or in silence. Many women have urinary incontinence (UI). This common condition affects up to 30 percent of adults over age 65. UI is not something you have to put up with; it is treatable and can be controlled or even cured.

Schedule an exam with your gynecologist. Together, you can design a treatment program customized to you.

## Regular Health Maintenance

Immunizations and screenings are easy to forget, yet they are a vital part of leading a healthy life. You'll find that not only are our doctors experts in their respective fields, but they also understand you and your life.

Your situation may differ, so talk with your provider about these health measures.

### Screenings

- Cervical Cancer Screening (Pap Smear): Every 3 years for women age 21-29 and every 5 years for women age 30-64.
- Breast Cancer Screening: Mammograms yearly or every other year, generally beginning at age 45. Consult with your doctor for personalized recommendations.
- Osteoporosis Screening: DXA scan once after age 65 or if high risk.
- Colon Cancer Screening: Colonoscopy (preferred) every 10 years, beginning at age 50. Fecal occult blood test (alternative) every year AND flexible sigmoidoscopy every 5 years.
- Cholesterol Testing: Beginning at age 20, every 1-5 years.
- Diabetes Screening: Beginning at age 45, every 3 years.

### Immunizations

- Substitute Tdap (tetanus, diphtheria, pertussis) one time for adults, then tetanus and diphtheria (Td) booster every 10 years.
- Flu shot every year.
- Zoster (shingles) vaccine once at age 60 or above.
- Pneumococcal (Pneumovax) vaccine at age 65.

### Regular Exams

Regular physical and eye exams are the best way to maintain good health. During the exams, discuss health concerns you have with your physician, and get screened for potential health problems.

Pacific Medical Centers and its Affiliates do not discriminate on the basis of race, color, national origin, sex, age, or disability in their health programs and activities.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (TTY: 711).

注意：如果您講中文，我們可以給您提供免費中文翻譯服務，請致電888-311-9127 (TTY: 711)