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## **Health Screening for Women      Age 65-Over**

### **Why Preventive Care?**

An annual review of your health history is very important. Even if you feel fine, it is important to see your doctor regularly to check for potential health problems. For instance, most people who have diabetes or high blood pressure are not even aware of that fact. Many health conditions do not cause any symptoms until the disease is advanced.

You will be screened, or offered screening, with lab tests or procedures that are done in our office for a number of health conditions, including:

- Blood pressure screening for hypertension
- Weight monitoring and BMI calculation for obesity or overweight
- Screening for diabetes
- Screening for high cholesterol every 5 years
- Screening for chronic kidney disease yearly
- Screening for HIV and hepatitis C once
- Screening for depression yearly

Your immunization history will be reviewed. Appropriate immunizations will be offered, or we can advise you where to obtain them economically. A flu shot is recommended for everyone every year.

Your health history and family health history will be reviewed yearly. Tell us if there has been a change in your family medical history, as some diseases are inherited.

A clinical breast exam and gynecologic exam (unless you have had a complete hysterectomy) should be done about every 2 years till age 75.

We will periodically review your health habits, such as whether you exercise regularly, whether you eat a healthy diet, and whether you use tobacco or alcohol.

### **Tests Done Outside Our Office**

There are several screening tests that are done outside our office that we will recommend and schedule for you as indicated. These include:

- Mammogram every 1-2 years
- DEXA bone density testing if indicated
- Colonoscopy for women 50 and over, or younger based on history
- **If you have a smoking history**, you may need a CT Scan for lung cancer screening yearly

### **Other Preventive Care:**

- See your dentist yearly
- Have an eye exam every 3 years