

Women, it's time to make your health a priority



If you're like many women, you are constantly taking care of your loved ones, and that includes scheduling their medical appointments. But with such a busy life, you may not make time to squeeze in your own doctor's visit. It's time you take care of you.

Make an appointment with your doctor today to talk about screening tests. Stay on top of your health and wellness.

Proper screening may not prevent you from a disease, but it is key to early detection when a disease is easier to treat.



Women of all ages

Your doctor should check for high blood pressure and high cholesterol, which can lead to life-threatening heart issues. To prevent cervical cancer, a woman should have a Pap smear and HPV test every two to three years, plus certain STD tests annually if you are sexually active or at increased risk.



Under the Age of 50

While all women are encouraged to perform breast self-exams at least once a month to detect early breast cancer, a physician breast exam and mammography should take place starting at age 40. Glucose screening to check for diabetes should be done every three years starting at age 45 or if you have a BMI greater than 25 with at least one additional risk factor.



Ages 50+

Your first screening for colorectal cancer should happen at age 50, and an osteoporosis screening to check for weak and fragile bones should take place at ages 65 and over, or when you start menopause if additional risk factors exist.



When you make time for a mammogram, you make time for more life.

Would you like to schedule a mammogram? Are you at risk of breast cancer and wish to consult an expert? Do you want a second opinion on your breast cancer diagnosis? Choose your location to get started.

SONOMA COUNTY
StJoeSonoma.org/mammogram
(707) 526-2666

NAPA VALLEY
TheQueen.org/mammogram
(707) 257-4047

Need a Physician?

Call St. Joseph Health's Physician Referral Line at **(877) 449-DOCS** or go to StJosephHealthMedicalGroup.org.

