

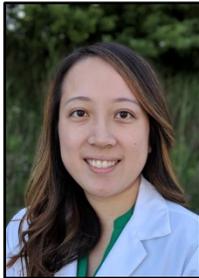


September 25 is National Women’s Health and Fitness Day: Important Health Screenings for Women

September 25, 2019

September 25 is National Women’s Health and Fitness Day, and serves as an important reminder for women to take control of their health by exercising regularly, choosing the right foods, managing stress and getting enough sleep. Salem Regional Medical Center (SRMC) encourages women to make preventative care and routine health screenings a priority, so that potential medical problems can be spotted early when treatment is most likely to work best.

What Screenings Should Women Have?



Dr. Boyd

- Cervical Cancer and Reproductive Health

According to family medicine physician Dr. Elaine Boyd, testing for cervical cancer is one of the most important health screenings for any woman.

“Because cervical cancer often doesn’t cause symptoms until it’s in advanced stages, routine testing offers women the best chance for early detection and cure,” she says. “Screening for cervical cancer includes a pelvic exam and Pap test, which checks for changes in the cells of the cervix.”

“Women ages 21-65 should get a Pap test at least every three years. Those who are 30 years of age and older can choose a combination Pap smear and human papillomavirus (HPV) test every five years until the age of 65. A Pap test can find abnormal cells that could turn into cancer, as well as human papillomavirus or HPV, a viral infection that sometimes causes cancer. Women older than 65 and those who have had hysterectomies should discuss their screening needs with their doctors.”

In addition to cervical cancer screening, Dr. Boyd encourages women to share any reproductive health concerns they have with their primary care providers.

“Family planning is a unique and important part of staying healthy. Women who are sexually active, but don’t want to get pregnant, should talk to their primary care providers about the types of contraception available. As a family medicine physician, I

can offer patients contraceptive counseling and a variety of birth control options, such as birth control pills and the Nexplanon® arm implant.”

- Breast Health



Dr. Orlando

While an estimated one in eight women will develop breast cancer, statistics have shown that when breast cancer is caught at its earliest stages and appropriately treated, the 5-year survival rate is 98%.

“Most women who get breast cancer have no known risk factors or family history of the disease,” says internal medicine physician Dr. Anna Orlando. “Therefore, early detection through regular breast exams and screening mammograms remains the key to successfully treating breast cancer.”

“I encourage women of all ages to examine their breasts regularly to detect any signs of possible breast problems. Breast self-exams help a woman familiarize herself with the shape, size and texture of her breasts so she can report any abnormalities to her doctor, such as a lump, skin change or discharge.”

“Annual mammograms are recommended for women beginning at age 40. This special x-ray of the breast can detect tumors that are too small to be felt, often before symptoms develop. Women who are at high risk for breast cancer, such as those with a family history or genetic risk factors for the disease, should talk to their doctors about starting screening before age 40.”

3D mammography is the latest technology for improving breast cancer detection at its earliest stage. Salem Regional Medical Center offers this advanced screening at its main campus, 1995 East State Street in Salem; and at Firestone Farms TownCenter, 116 Carriage Drive in Columbiana.

- Other Important Screenings

Colorectal Cancer: The American Cancer Society’s updated May 2018 guidelines give a qualified recommendation for women and men to start colorectal cancer screening at age 45 or earlier, depending on their family health history and risk factors.

Osteoporosis (Bone Thinning): Women are four times more likely than men to develop osteoporosis, a progressive disease that causes the bones to weaken and become brittle, leading to fractures. A woman’s risk for osteoporosis increases as she ages, and osteoporosis screening is recommended for women ages 65 and older. A DEXA bone density scan is a low-dose x-ray technique used to show early signs of bone loss.

Blood Pressure: Starting at age 18, women should have their blood pressure checked at least every two years to help prevent strokes, heart attacks, heart failure, or kidney and eye problems.

Cholesterol: Women should have their cholesterol checked at least every five years starting at about age 20, to decrease their risk of heart disease.

Diabetes: Screening for diabetes (high blood sugar) is recommended for women with high blood pressure or who take medication for high blood pressure.

The screenings that are most important to women depend on a number of factors, such as age, risk factors and family medical history. Both women and men should talk to their doctors about the preventative screenings recommended for them.

About Dr. Boyd and Dr. Orlando

Elaine Boyd, M.D., and Anna Orlando, D.O., are primary care physicians affiliated with Salem Regional Medical Center's medical staff.

A family medicine physician, Dr. Boyd sees patients of all ages at the Columbiana Family Care Center, located at 116 Carriage Drive in Columbiana's Firestone Farms TownCenter. Appointments with Dr. Boyd can be scheduled by calling 330-482-3871.

Dr. Orlando specializes in internal medicine and sees patients 18 and older at SRMC Primary Care in Lisbon, located at 38506 Saltwell Road. For appointments with Dr. Orlando, call 330-424-1404.

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