The staff of the Well Woman Clinic would like to welcome you to our clinic. Your health matters to us and we are here to provide you with the information you need to get the best care available; the quality care you deserve. There are always questions about how to access the appointment system. We hope that this newsletter will help serve as a guide in establishing your needs.

All GYN appointments at the Well Woman Clinic are made by dialing the Appointment line (913)684-6250 or by accessing Munson Online Services at www.munson.amedd.army.mil. Once registered, you will have the ability to schedule appointments online after July 1, 2009. You will have the choice to see your Primary Care Manager (PCM) or our Well Woman Clinic Nurse Practitioner. If you would like to also schedule your mammogram on the same day, please call Well Woman Clinic nurse line at 684-6105 and we will do our best to accommodate you. Please, note that four female Family Practice providers will be providing care to the patients of the Well Woman Clinic until our Nurse Practitioner arrives in July 2009. Thank you to CPT Buchanan, Ms Morrow, Ms Emerson, and Dr Yedlinsky for volunteering!

Please, arrive 20 minutes prior to your scheduled appointment time. Failure to do so may result in re-scheduling.

The Well Woman Clinic offers Well Woman Examinations, initial OB referrals, IUD placement, breastfeeding consults, and appointments for all GYN related concerns. We are in the process of establishing a Colposcopy Clinic for treatment of abnormal pap smears.

Please, arrive 20 minutes prior to your scheduled appointment time. Failure to do so may result in re-scheduling.

We are eager serve you and hope we exceed your expectations! Any feedback you may provide to help us improve is greatly appreciated.

HEART HEALTH

In the United States, heart disease is the leading cause of death, affecting more than 300,000 women annually. Risk factors include: aged 55 or older; family history of heart disease or heart attack; high cholesterol or high LDL level; high blood pressure; smoke cigarettes; do not exercise regularly; obesity; diagnosed with diabetes. It’s not too late to start towards a healthy lifestyle to keep your heart healthy. Changing your diet, not smoking, and getting daily exercise can significantly reduce your risk of atherosclerosis and heart attack. Heart attack warning signs are: sudden intense pressure or pain in the chest; shortness of breath; chest pain that extends to shoulders, neck or arms; feelings of light-headedness, fainting, sweating, or nausea.

Diet & Nutrition

Manage a healthy weight with diet & regular physical activity. Go to www.MyPyramid.gov for your individualized plan to provide how many calories you need each day. A healthy diet consists of lots of fruits and vegetables, whole grains, low-fat dairy and lean meats and beans. Recommend to limit empty calories that provide little nutritional value such as soda, candy, sweet desserts.

Exercise

Physical activity guidelines for adults are 30 minutes most days of week to prevent chronic disease. To sustain weight loss, at least 60 minutes physical activity may be required. Children and teenagers should be physically active for 60 minutes daily.

Women build strong bones through calcium production over the first 30 years of life. Then, the process is reversed and bone is broken down faster than it is made. When too much bone loss occurs, women are at an increased risk for osteoporosis and injury. Osteoporosis can be prevented with adequate diet, exercise, and calcium supplements. Weight-bearing exercise is best because it helps to deposit calcium into your bones.
Pap Test

The Pap Test is used to detect cellular change in the cervix that could lead to cancer. The American College of Obstetricians and Gynecologists (ACOG) recommends annual testing for all women who are 21 years of age and older or if you have ever been sexually active. If you are older than 30 and have had three normal pap smears in a row you may only need a pap every 2-3 years. If the results of your pap smear are abnormal, or if you have had abnormal results in the past, your doctor may suggest more frequent testing. If you have had a hysterectomy, talk with your doctor about whether you still need a routine pap test. For additional questions, please ask your PCM.

Breast Self-Exam

A Breast Self-Exam (BSE) is a quick and easy way to detect changes that could lead to breast cancer. ACOG recommends that you perform a BSE once a month a few days after your period ends. If you are not having periods, try to do the exam on the same day each month. The BSE is a two-step process: Looking and Feeling. Remove all clothing and sit in front of a mirror of a well-lit room with your arms at your sides. Look for dimpling, puckering, or redness of the breast skin, discharge from the nipples, or changes in breast size and shape. Look for the same signs with your hands pressed tightly on your hips and then with your arms raised high. In a lying or standing position, place your left hand under/over your head. With your right hand, keeping the fingers flat and together, gently feel your left breast using either the circle, lines, or wedge method. With any method, be sure to examine your nipples also. Then lower your left arm and do the exam on your other breast. Ensure that you examine all of the breast tissue starting with your armpit. Call your doctor if you notice any lumps or changes in your breasts.

Mammogram

A mammogram is a simple x-ray technique used to study the breasts. It can help doctors find breast cancer at an early stage (when treatment is more likely to succeed). About 1 in 8 women will get breast cancer during their lives. Most cases occur in women who are past menopause. ACOG recommends that women aged 40-49 years should have mammography every 1-2 years. Women aged 50 years and older should have it done every year. If you have certain risk factors, your doctor may recommend mammography at an earlier age. Risk factors include: certain genes (BRCA1 & 2); breast cancer in mother, sister, or daughter; no term pregnancies or pregnancies past 30 years; early menstruation; late menopause; never breastfed.

Contraception

Birth Control Pills (BCPs)

If you are the kind of woman who appreciates a daily routine, BCPs may be your choice of contraception. We offer a myriad of different options specific to your needs. Please, keep in mind that if you are breastfeeding you will need to take Progestin-only pills. BCPs do not protect against HIV/AIDS or other sexually transmitted diseases.

The Patch & Nuva Ring

If you are looking for a weekly routine, maybe you should consider the Patch. The patch is placed every week for 3 weeks at the same day/any time, then go patch-free in the 4th week. Maybe a monthly routine is more your style; the Nuva Ring may be right for you. The nuva ring is inserted in place for 3 weeks in a row and removed during the 4th week. Insert a new ring one week later around the same date/time. Neither protect you from HIV/AIDS or other sexually transmitted diseases.

Intrauterine Device (IUD)

IUDs offer a safe, effective, long-term contraception and should be considered for women who seek a reliable, reversible contraception alternative. Currently, there are two types of IUDs available; 1) the copper T380A (Paragard) and 2) the levonorgestrel intrauterine system (Mirena). It can easily be removed at any time. Mirena can last up to five years, or less. Paragard may be used for up to ten years. IUDs do not protect against HIV/AIDS or other sexually transmitted diseases.

Menopause

Learn all you ever wanted to know about the ‘Change of Life’. Women spend an average of 1/3 of their lives after menopause. This class will explore the changes that take place, different treatment regimens, and how to promote a healthy and happy lifestyle. Call 684-6105 to register for a class.

Breaking the Habit

Smoking cessation is available at Munson Army Health Center monthly from 1130-1230. It is a four week class to motivate you towards a healthier lifestyle. To register, please call Ms. Lynn at 684-6528.

Visit Our Website

www.munson.amedd.army.mil: enroll in the Munson Online to schedule routine appointments from the comfort of your home. Check out our Well Woman Clinic homepage.