

Capsule Comment
Women's Wellness and Preventive Health

Craig C. Yunk, MD
PGYII, Florida Hospital Family Medicine Residency Program

For many years, women's wellness and preventive services has been a major topic in health care. With the recent Institute of Medicine (IOM) recommendations in the Patient Protection and Affordable Care Act (ACA), released in July 2011, it was recommended that all women should have coverage of key preventive health care services, to ensure comprehensive, timely and effective care. The IOM committee defined preventive health services as "measures—including medications, procedures, devices, tests, education and counseling—shown to improve well-being and/or decrease the likelihood or delay the onset of a targeted disease or condition". The eight new recommendations were based on existing guidelines and evidence of their effectiveness in preventing disease.

Recommendation 5.1: Screening for gestational diabetes in pregnant women between 24-28 weeks of gestation and at first prenatal visit for women at high risk for diabetes.

Recommendation 5.2: Adding high-risk human papillomavirus (HPV) DNA testing in addition to cytology testing in women with normal cytology results. This screening should begin at 30 years of age and occur no more often than every 3 years in women with normal PAP smears and negative HPV testing.

Recommendation 5.3: Annual counseling on sexually transmitted infections for sexually active women.

- Risk Factors for STI's: History of STI, new or multiple sex partners, inconsistent condom use, sex workers and those in correctional facilities
- Screen for Chlamydia in sexually active women \leq 25 years of age and those at risk (USPSTF SOR A)
- Screen for Gonorrhea in sexually active women at increased risk (USPSTF SOR B)
- Screen for Syphilis in sexually active women at increased risk (USPSTF SOR A)
- HPV Vaccination (3 dose series) may be offered to women ages 9-26

Recommendation 5.4: Counseling and screening for HIV infection on an annual basis for sexually active women.

- Risk factors for HIV: Multiple partners, IV drug use, sex workers, Exposure to HIV, bisexual, persons being treated for known STI, and history of blood transfusion (1978-1985)

Recommendation 5.5: Offer full range of FDA-approved contraceptive methods, sterilization procedures, and patient education and counseling for women with reproductive capacity.

Recommendation 5.6: Comprehensive lactation support and counseling, and costs of renting breastfeeding equipment.

Recommendation 5.7: Screening and counseling for interpersonal and domestic violence.

- Florida Coalition Against Domestic Violence: www.fcadv.org
- Florida Statewide Hotline: 1-800-500-1119

Recommendation 5.8: At least one well-woman preventive care visit annually for adult women to obtain the recommended preventive services, including preconception and prenatal care.

- USPSTF recommendations by age: <http://epss.ahrq.gov/ePSS/search.jsp>
- Breast Screening: Biennial screening mammogram for women aged 50-74 (USPSTF) or Annual screening women aged ≥ 40 (ACOG)
 - o Risk Calculator: <http://www.cancer.gov/bcrisktool/>
- Colorectal Cancer Screening: Age 50-75, annual fecal occult blood testing, sigmoidoscopy every 5 years or colonoscopy every 10 years (USPSTF)
- Osteoporosis Screening: All women age ≥ 65 years or women ages 50-65 with fracture risk $> 9.3\%$ over 10 years (USPSTF)
 - o WHO Fracture Risk Assessment Tool: <http://www.shef.ac.uk/FRAX/tool.jsp?country=9>
- Hyperlipidemia Screening: Age >45 years if increased risk for coronary disease (SOR A) or ages 20-45 with increased risk (SOR B) (USPSTF)
- Diabetes Screening: Adults with BP $>135/80$ (USPSTF) or BMI >25 and at risk (ADA)
 - o Risks include: 1st degree relative, sedentary, high risk ethnicity, HTN, dyslipidemia, h/o GDM, PCOS, or vascular disease
- Aspirin Therapy: Women ages 55-79 when benefit $>$ risk (USPSTF)
- Tobacco Screening: All ages - Provide cessation intervention if positive screen (USPSTF)
- Vitamin Supplementation:
 - o Folic Acid 400-800mcg during sexually reproductive years (USPSTF)
 - o Calcium- 1000mg daily ages 25-50 and 1200mg after 50 (IOM)
 - o Vitamin D: 600 IU daily <70 years and 800IU >70 years (IOM)
- Immunizations: per CDC Guidelines

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