

### **HEALTHY PRACTICES FOR WOMEN**

In addition to your regular Ob/Gyn visit, please review this list of healthy practices. Modifying your daily activities accordingly may improve your overall health and well-being. If you have any questions regarding these recommendations, please feel free to discuss them with us.

#### **DIET AND EXERCISE:**

- ❖ Limit fat and cholesterol. Emphasize fruits and vegetables.
- ❖ 8 glasses of water daily will improve your health in many ways.
- ❖ 30 grams of daily fiber intake by diet and supplements improves weight management, reduces constipation, and may decrease the risk of colon cancer.
- ❖ Exercise for 30 minutes at least five times a week. Combine aerobics & weight training if possible.
- ❖ Stay at a healthy weight. Balance your caloric intake with calories burned. We will be happy to review your ideal Body Mass Index with you.
- ❖ \*\*Obesity increases risk of diabetes, heart disease, stroke, high cholesterol, hypertension, sleep apnea, osteoarthritis, and some cancers such as breast and colon.

#### **SEXUAL BEHAVIOR:**

- ❖ You should not feel pressured to engage in sexual behavior. Please tell us if you are being abused.
- ❖ Be sure to use contraception if pregnancy is not desired.
- ❖ Emergency contraception is available without a prescription. If you need it and have difficulty getting it at the drug store, please call our office.
- ❖ Condoms help prevent sexually transmitted diseases.
- ❖ Consider HIV testing if you have:
  - Had more than one sexual partner.
  - Had any sexually transmitted diseases.
  - Used intravenous drugs.
  - A sexual partner with these risks factors.
  - A sexual partner who has had male homosexual exposure.
  - Received a blood transfusion during 1978-1985.

#### **SUBSTANCE ABUSE:**

- ❖ Do not smoke. Ask us for assistance in quitting.
- ❖ Avoid alcohol use when driving, boating, swimming, or operating other machinery.
- ❖ A safe intake of alcohol for women is considered 1 drink or less each day.
- ❖ Recreational drug use (marijuana, cocaine, etc.) is dangerous and habit-forming.

#### **OSTEOPOROSIS PREVENTION:**

- ❖ Osteoporosis is preventable and healthy habits are important at all ages: from building the bones before age 30, to limiting bone loss after menopause. You may not have any symptoms until you break a bone!
- ❖ Consume 3-4 servings of calcium-rich foods daily (milk, yogurt, cheese, green leafy vegetables) or use calcium supplementation for adequate calcium intake of 1000 -1200 mg depending on your age and hormone status. Vitamin D intake of 600- 800 IU per day is necessary for calcium absorption.
- ❖ Engage in regular weight-bearing or resistance exercise.
- ❖ We recommend bone density screening (DXA) in all women over 65 and in younger women with risk factors
  - Risks include: menopause, loss of height, tobacco, thyroid problems, history of an eating disorder, chronic steroid use
- ❖ \*\*DXA testing is quick and painless. This scan may help determine if additional life style changes or medication is necessary to prevent fractures.

### **BREAST HEALTH:**

- ❖ A mammogram should be done every year beginning at the age of 40, or earlier for those with a strong family history of premenopausal breast cancer. The American College of Obstetricians and Gynecologists recommends every year screening beginning at age 40.

### **BLADDER PROBLEMS:**

- ❖ Urinary incontinence is a major source of embarrassment for many women. It is a major reason for nursing home admissions and often results in isolation and depression.
- ❖ Dr Greenstein runs our office Bladder Testing Division. We recommend a complete evaluation if you are experiencing bothersome urine loss. With proper evaluation, most people can be cured or markedly improved. Besides surgeries, we offer MANY non-surgical options to improve bladder control issues.

### **COLON CANCER SURVEILLANCE:**

- ❖ Screening is recommended at age 50 with a colonoscopy every ten years. Earlier or more frequent testing may be advised based on family history and other risks.

### **HEPATITIS C SCREENING:**

- ❖ Screening is recommended if you were born between 1945-1965.
- ❖ Screening is also recommended for those who have had a blood transfusion before 1992, have used IV drugs, or have had a sexual partner who has used IV drugs.

### **INJURY PREVENTION:**

- ❖ Do not text and drive. It is more dangerous than drunk driving.
- ❖ Seat belts should be worn at all times, even during short trips “around the block.”
- ❖ Wear a helmet when using bicycles, motorcycles, roller blades, ATV’s, or skiing.
- ❖ Place smoke detectors in your house and replace the batteries twice a year.
- ❖ Store guns and firearms unloaded, in a locked area. Trigger locks should also be used.
- ❖ Consider CPR training for household members. New parents should learn infant CPR.
- ❖ Remove loose rugs and clutter and keep up on your eye glass prescriptions to prevent falls and broken bones.
- ❖ \*\*If you are currently in a relationship where you feel threatened or unsafe, please discuss your situation with us or call Alternatives for Battered Women at (585) 232-7353. Help is available 24 hours a day.

### **IMMUNIZATIONS:**

- ❖ Influenza vaccine is advised yearly.
- ❖ A pertussis, or “whooping cough”, vaccine is recommended once as an adult, as well as during every pregnancy. It is given in combination with Tetanus/diphtheria (Tdap).
- ❖ A tetanus/diphtheria (Td) booster shot is otherwise recommended every 10 years.
- ❖ The HPV vaccine series is recommended ages 9-26 years. The vaccine protects against some of the high risk human papillomaviruses that cause cervical cancer. We currently offer this vaccine for our patients.
- ❖ A Measles-Mumps-Rubella (MMR) vaccine is indicated for non-pregnant women born after 1956 unless there is documentation of previous immunization or proof of immunity.
- ❖ Adults susceptible to varicella (never had chicken pox or childhood vaccine) should be vaccinated.
- ❖ A zoster vaccination is recommended once after the age of 60 (to prevent shingles).
- ❖ Pneumococcal pneumonia vaccine is indicated once for women age 65 and older.
- ❖ Hepatitis A and/or B vaccines are recommended for high-risk individuals.

### **DENTAL HEALTH:**

- ❖ Schedule regular visits to the dentist.
- ❖ Floss and brush with fluoride toothpaste daily.

### **HEALTH CARE PROXY:**

- ❖ All adults should have a health care proxy (a legal document that designates another person to make health care decisions for you in case you were unable) and consider a living will. We have these forms available per request.