

# Ladies, Take Control of Your Health

*Schedule a Female Wellness Visit Today*

At BMH, we recommend that women schedule a Female Wellness Visit each year with their provider. Depending on stage of life, your Female Wellness Visit is an opportunity to discuss medical concerns, as well as receive and schedule important routine health screenings.

- Cervical cancer screenings
- Clinical breast exam
- Depression screening
- DEXA bone density scan referral
- Family & contraceptive planning
- Mammography referral
- Menstrual disorder treatment
- Nutrition consultation
- Perimenopause & menopause care
- Sexual health & STD testing

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BMH Medical Clinic (Madison)

BMH Comfort Clinic (Comfort)

Family Medical Center (Hospital Campus)



# CERVICAL CANCER CAN BE PREVENTED

At BMH, we recommend that women, ages 21 thru 65, schedule cervical cancer screenings regularly at the direction of their medical provider. Routine screenings support early detection of precancerous and cancerous conditions when they can be treated most effectively.

## Types of Cervical Cancer Screenings

There are two types of cervical cancer screenings. These screenings can be done alone or at the same time as part of the pelvic exam completed during a Female Wellness Visit.

- **Pap Test** - A Pap screening tests for precancers on the cervix that might become cervical cancer if not treated.
- **HPV Test** - An HPV screening tests for evidence of the human papillomavirus that can cause cell changes on the cervix.

## Protect Your Children with the HPV Vaccination

- The HPV vaccine prevents most cases of cervical cancer if the vaccine is given before girls or women are exposed to the virus. The HPV vaccine can also help prevent various types of male cancers.
- The CDC recommends the HPV vaccine be given in two doses, a year apart, to girls and boys aged 11-12 years. Teens and young adults who start the series later, at ages 15 through 26 years, need three doses of the HPV vaccine. Children aged 9 through 14 years who have received two doses of the HPV vaccine less than 5 months apart will need a third dose. Three doses are also recommended for people aged 9 through 26 years who have weakened immune systems.

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