

## PROGRAM DEVELOPMENT WORKSHEET

### WOMEN'S HEALTH ISSUES

<b>Program Category:</b>	Women's Issues, Health
<b>Region Specific?</b>	No
<b>Date Developed:</b>	February 2005
<b>Title:</b>	Women's Health Issues
<b>Description:</b>	<p>There are important health issues for women and preventive screenings that can be done. <b>CANCER SCREENING.</b> Cervical cancer was once one of the most common causes of cancer-related deaths among women in the U.S. but over the past 27 years this number has declined by 74% due primarily to the increased use of the Pap test. The American Cancer Society (ACS) has recently released new recommendations for when a women should begin having Pap tests— start 3 years after onset of vaginal intercourse OR by age 21 then every 1-2 years until age 30. Age 30 to 65+ every 1-2 years then after 3 normal pap test in a row decrease to every 2-3 years. <b>MAMMOGRAPHY.</b> The ACS reports that one in every 8 women will be diagnosed with breast cancer in her lifetime. It is the most common form of cancer and the 2nd leading cause of death among women. A mammogram is the single most effective method to detect changes in the breast. A baseline mammogram should be done between age 35-39. From age 40-65+ mammograms should be performed annually. <b>OSTEOPOROSIS.</b> Osteoporosis is responsible for 1.5 million bone fracture sin the U.S. each year. One of every 2 women over the age of 50 will have an osteoporosis-related fracture in her lifetime. The age for bone mass densitometry testing should be discussed with your health care provider.</p> <p>In addition to these health issues women need to be concerned about heart disease and diabetes. If your branch is interested in presenting a program in Women's Health Issues, start with your local hospital's Speaker's Bureau for potential presenters.</p>
<b>Suggested Speaker(s):</b>	Physicians, Nurses, Healthcare Providers Specific Groups – e.g. American Cancer Society
<b>Resources:</b>	Local Community Hospitals Speaker's Bureau Personal Connection with Your Physician
<b>Prepared by:</b>	Dot McLane, AAUW-PA Program Vice President
<b>For Further Information Contact:</b>	AAUW-PA Program Vice President