

THE EINHAUS GROUP FOR WOMEN'S HEALTH

Obstetrics & Gynecology

10215 Auburn Park Drive

FORT WAYNE IN 46825

PREVENTATIVE WOMEN'S HEALTH

MAMMOGRAM

A baseline mammogram should be obtained between the ages of 35-40. At the age of 40, mammograms are recommended on a yearly basis. The statistics show that 1 in 8 women will get breast cancer, 70% of new cases are with no family history, and many women have no palpable lumps. The following is a partial list of where mammograms can be obtained in Ft. Wayne. It is the patient's responsibility to make sure your insurance company will cover the mammogram. When scheduling you need to ask if they accept your insurance.

- Dupont Med Center.....416-3000
- Ft Wayne Radiology Assn., Inc.
 - Breast diagnostic Screening Center
 - 1818 Carew St. #40.....483-1847
- MD Imaging. 2520 Lake Ave.....435-7956
- MD Imaging (Lutheran).....435-7956
- Maltese Medical. 5110 North Clinton.....484-3156
- St Joe Medical Center Laboratories
 - 700 Broadway. Radiology.....425-3980
 - Dupont Hospital.2520 W Dupont.....416-3080
 - Anthony Medical Center. 5717 S Anthony.....441-3302
- Parkview North Mammography.....373-6071

BONE DENSITY STUDY

A bone density study is a type of x-ray for patients who may be suspected of having bone loss, or osteoporosis. Calcium can help maintain bone strength but cannot rebuild bone. There are, however, a couple of new medications that have been proven to increase bone density. If Dr. Einhaus or a Nurse Practitioner recommends that you have a bone density study you may call to schedule this test. The test itself is quick, noninvasive, and you remain fully clothed. The bone density study is the best tool to date to assess for bone loss.

- Einhaus Group for Women's Health.....490-2229
- Parkview, (a written order is required).....373-4000

PAP SMEAR

A pap smear is a routine yearly screening test for cervical cancer. It is done when you reach the age of 18 or become sexually active. Inflammation seen on a Pap smear is an indication of irritation of the cells of the cervix. There can be several reasons for this irritation such as yeast infections, bacterial infections, or sexually transmitted diseases. Physical trauma can also irritate the cervical cells. You can aid in the resolution of cervical irritaion by doing the following: avoid douching, don't use bubble bath or bath oil, and avoid tampons. It is also helpful to avoid having intercourse for 2-4 days prior to having your pap smear. It is determined that you have an abnormal pap smear you will be contacted by the office to discuss your test results. It is still necessary to have a pap smear if you have had a hysterectomy, because it can screen for vaginal cancers.

CALCIUM

All women, including youg adolescents, need supplemental calcium. Listed below are the recommendations for all women. The type of calcium recommended is anything ending in 'ate', such as Calcium Citrate, Calcium Gluconate, and Calcium Carbonate. Avoid dolomite calcium bone meal calcium, and oyster shell calcium unless it states it is pure calcium carbonate from oyster shell. For proper absorption of calcium 1000 i.u of vitamin D is required. Make sure that the total mount of vitamin D in your multi-viotamin and calcium does not exceed 800 i.u.

- Calcium 1000mg: for women 65 and younger and taking hormone replacement therapy
- Calcium 1500 mg: for women 65 and younger not taking hormone replacement therapy
- Calcium 1500 mg: for all women over 65

COLONOSCOPY

- NE Indiana colon/Rectal Surgery
- 1234 E Dupont Rd Ste3
- Fort Wayne IN 46825.....260-489-8898
- 2000 I.U. Vitamin D daily