

## It's The Right Age

### 20's

#### **Cervical cancer**

Every 3 years after onset of sexual intercourse or by age 21, whichever comes first.

#### **Skin cancer**

Every 3 years beginning at age 20 and every year at ages 40 and older.

### 30's

#### **Thyroid disorders**

Ask your doctor if you feel colder, experience weight change, depression, anxiety, hair loss, constipation, or fatigue.

### 40's

#### **Breast cancer**

Women: a mammogram every 1-2 years starting at age 40, earlier if family history of breast cancer.

#### **Skin Cancer**

Yearly.

### 50's

#### **Flu**

Every year starting at age 50.

### 60's

#### **Osteoporosis**

First bone density test post menopause, with a Bone Mineral Density test for initial diagnosis & no more than every two years thereafter. All women age 65 and older regardless of risk factors.

#### **Pneumonia vaccine**

Once at age 65 or earlier for certain health conditions.

#### **Shingles vaccine**

Women ages 60 to 80.

### All Ages

#### **Depression**

If you feel sad or hopeless for two weeks straight, talk to your doctor.

#### **Diabetes**

If you have high blood pressure or high cholesterol, get tested.

#### **Sexually transmitted diseases**

Sexually active people ages 25 and younger should be tested; older patients talk to their doctor.

#### **Blood pressure**

At every office visit and at min., every 2 years; annually after age 50.

## Comprehensive Care

Pennock Health Services offers a comprehensive Women's Health program with personal, compassionate, quality care to female patients. Our comprehensive care provides for women not just from pregnancy and childbirth, but from the entire spectrum of a woman's life. In addition to our personal Women's health care, we also offer nutritional counseling, fitness coaching, community education classes, and massage therapy. Enroll for Women's Health at Pennock Health Services, where your health matters!

To learn more, we encourage you to join us online at [www.pennockhealth.com](http://www.pennockhealth.com) or by scanning our QR code below with your smart phone or web enabled device.



### Pennock Women's Health

1009 W. Green St., Hastings, MI 49058

Phone: 269.945.3451

[www.pennockhealth.com](http://www.pennockhealth.com)



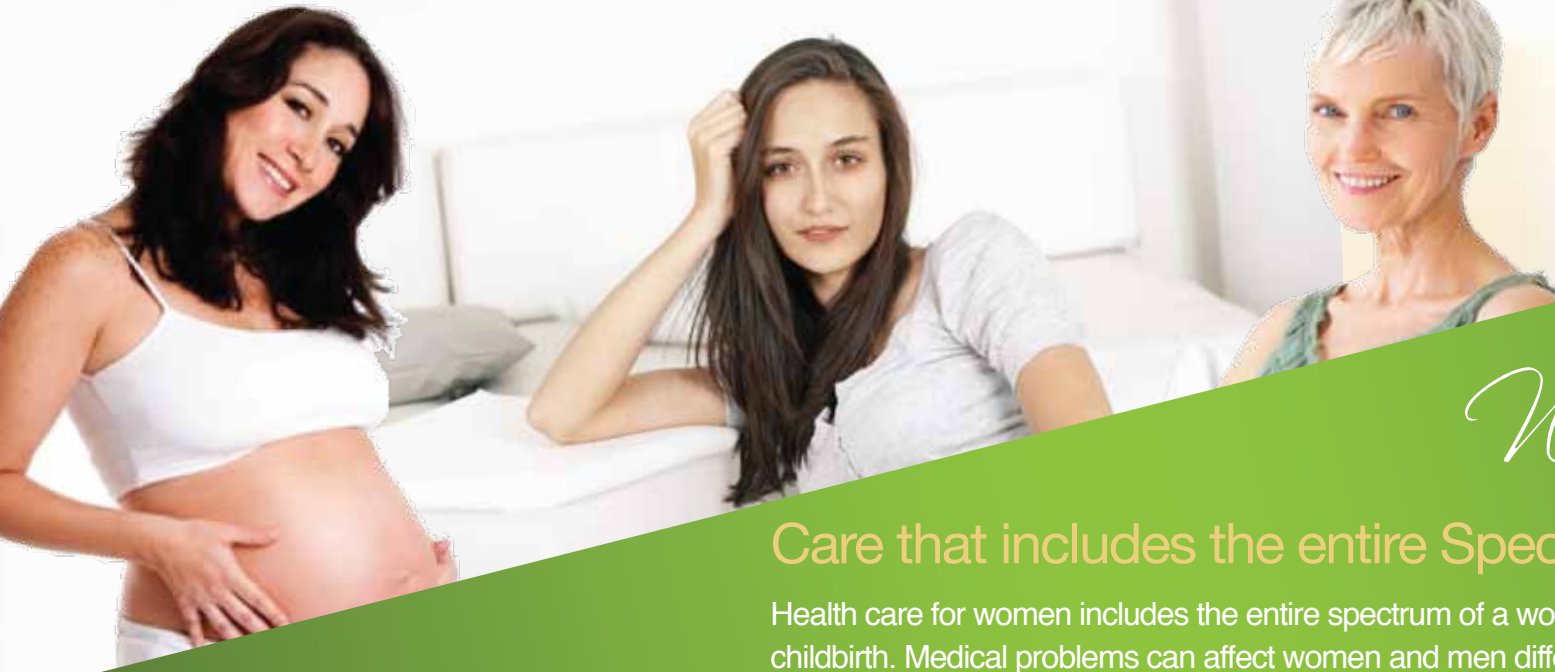
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Your Health Matters



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# Women's Health

## Care that includes the entire Spectrum of a Woman's Life

Health care for women includes the entire spectrum of a woman's life, not just pregnancy and childbirth. Medical problems can affect women and men differently. Some serious medical issues, such as cardiac disease and heart attack, may be overlooked because symptoms in many women are not clear-cut. At each stage of a woman's life, there are important preventative health care steps to follow in order to prevent them entirely. Simple steps include healthy eating, regular exercise, and medical checkups. It is important to be informed about women's health issues and to discuss them with your doctor.

## Expansive Woman-Focused Health Services

To respond to the unique needs of women, Pennock Health offers comprehensive high-quality primary health care services for women, including Pap smears, Digital mammography, Urinary incontinence, Cardiology, Essure birth control, Endometrial ablation, Vein solutions, Hormone replacement therapy, Infertility, Laparoscopic hysterectomy, Stereotactic breast biopsy, Bone density screenings, Reproductive health care, as well as mental health services such as substance abuse counseling.

With over 72 physicians and 22 specialists, Pennock Health Services understands there is nothing more important than the health of you and your family. As your medical home, we are committed to your well-being. As our patient, we work with you to establish a personal, long-term relationship so that we can help you stay as healthy as possible. We invite open and honest communication. In addition, we will coordinate comprehensive care with physicians in our Pennock Physician Network as well as linking health services provided in your community.

## Who We Are

Women's Health Services at Pennock is a collaboration of the finest Board Certified Physicians in the area, who are committed to providing you with the latest health information and most procedures that address the uniqueness of every woman.

## Healthy Living

The first step for a woman in the battle of healthy living is to take care of your mental and physical health. Pennock Health offers comprehensive programs to get you started, nutritional counseling, fitness coaches, community education classes, and massage therapy to name a few. To learn more, log on to [www.pennockhealth.com](http://www.pennockhealth.com).