

Look into an eye exam

Regular eye exams can help protect your vision.

Like many health conditions, eye diseases often are easiest to treat when found early. It's one reason why eye experts suggest regular eye examinations — and why it might be time for you to schedule one.

WHEN TO SCHEDULE EYE CHECKUPS

The American Academy of Ophthalmology recommends vision exams for children:

At birth. All newborns should have a basic exam. Some newborns may need additional exams based on risk factors.

- Between 6 months and 1 year of age.
- Between 1 and 3 years of age.
- Between 3 and 5 years of age.
- When they start school and any time after that when a problem is suspected.

For adults, the American Academy of Ophthalmology recommends comprehensive exams to screen for eye disorders at the following intervals:

- At least one exam between ages 20 and 29.
- At least two exams between ages 30 and 39.
- A baseline screening for age-related disorders at age 40. (Your eye doctor will tell you how often to come in between ages 40 and 64.)
- A complete exam at least every two years after age 65.

The above schedule is in addition to updates for lens prescriptions or treatment for eye injuries or ongoing problems.

Your eye doctor might suggest more frequent checkups if you:

- Have a family history of eye problems.
- Have high blood pressure or diabetes.
- Had a previous eye injury.
- Are Black and over age 40, which puts you at higher risk for glaucoma.

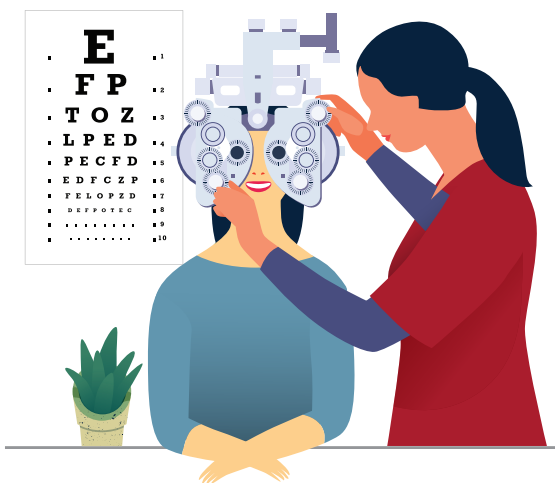
KEEP YOUR EYES HEALTHY

There are a number of steps you can take between exams to keep your eyes healthy, according to the National Eye Institute. These include:

Ban rays. Wear protective sunglasses when outdoors. Look for shades that block 99% to 100% of both UVA and UVB rays.

Go for goggles. Wear the appropriate protective eyewear when working around the house or playing high-impact sports.

Look away. Give your eyes a rest after staring at the computer or focusing on anything for a long period of time. The National Eye Institute suggests looking away into the distance for about 20 seconds every 20 minutes.



A WINNING SMILE: 5 TIPS FOR HEALTHY TEETH

Caring for your teeth can prevent dental disease and protect your overall health. Follow these five simple steps and you'll keep your teeth and gums happy and healthy.

1. Find a dentist you like and trust. Having consistent dental care is important. Take your time choosing a dentist who is a good fit for you.

2. Visit your dentist at least once a year. Regular dental appointments allow your dentist to monitor and treat common problems and prevent more serious conditions like gum disease.

3. Speak up if you're nervous about dental visits. This way, they will be better prepared to guide you through each visit. Try to relax during your appointment — listen to music, use a stress toy to relieve tension or try deep, meditative breathing.

4. Brush twice a day. Two minutes of brushing twice daily helps prevent tooth decay and disease. Brush the inner and outer surfaces of your teeth, as well as the chewing surfaces, holding your toothbrush at a 45-degree angle to your gums.

5. Clean between your teeth daily. To get rid of plaque and food material that gets stuck between your teeth, use dental floss or another approved interdental cleaner once per day.

Sources: Academy of General Dentistry; American Dental Association



COLUMBIA MEMORIAL HOSPITAL

HEALTH MATTERS

WINTER 2022

Know the possible signs and symptoms of breast cancer

By Emily Olson, DNP, CNM

About one in eight females in the U.S. will be diagnosed with breast cancer during their lifetime.

Treatments work best when breast cancer is caught early. That's why it's important for females to get screened regularly for the disease starting at age 40. Transgender women who have received gender-affirming hormones for over 5 years should also be screened regularly after the age of 50. Transgender men should be screened at a regular interval starting at age 40. Transgender men should start regular screenings at age 50 if they have had chest reduction/reconstruction.

Any changes to the look or feel of your breasts shouldn't be ignored. Chances are, something other than cancer is the cause. But it's always best to let your primary or women's healthcare provider know if you're having any of the following possible signs or symptoms:

- **A lump or thickening inside the breast, chest or in the underarm area.**
- **A change in the size or shape of a breast.**
- **A dimple or puckering in the skin of a breast.**
- **A nipple that has turned inward or is sore near the nipple.**
- **Fluid, other than breast milk, leaking from a nipple, especially if the fluid is bloody or leaks from only one breast.**
- **Skin irritation or color changes — such as redness or darkening, scaliness or new creases — anywhere on a breast, nipple or areola (the dark area of skin around the nipple).**
- **Small dimples in a breast that look like the skin of an orange.**
- **Pain in a breast, especially if the pain doesn't go away or doesn't seem to be related to your menstrual cycle.**

The thought of having breast cancer can be scary. But try to remember that other conditions can cause changes to your breasts. That's why it's always best to see your provider and get a diagnosis.

Finally, things that are good for your health can also reduce your risk for breast cancer: maintain a healthy weight; add physical activity to your routine; limit alcohol intake; avoid smoking; limit menopausal hormone use; and if you have children, breastfeed if you can and want to.

Call your CMH clinic or visit columbiamemorial.org to request an appointment or learn more information.

Emily Olson is a certified nurse midwife at the CMH-OHSU Health Women's Center.

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PREVENTION ISSUE

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CATCH UP ON PREVENTATIVE CARE

Early on in the COVID-19 pandemic, many people put off in-person doctor visits in order to help slow the spread of the coronavirus. But now it's time to catch up on any preventive health services you missed.

A GOOD WAY TO STAY HEALTHY

Preventive care includes screening tests, vaccines and wellness checkups that help you stay healthy.

It includes things like:

- Mammograms and pap tests for women.
- Screenings for heart disease and cancer.
- Childhood vaccines and well-child visits.
- Flu and pneumonia shots.
- Routine checkups where you can get advice about diet, exercise and safety.

Most health plans cover preventive care services like these. It's safe to visit your doctor again — and doing so helps keep you and your family healthy.

Sources: American Academy of Family Physicians; HealthCare.gov



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Screening Tests for Men & Women

Screening tests can help you find and head off health problems early. Keep reading to find out which tests men and women should get in each decade of life.*

Sources: American Cancer Society; American Heart Association; National Institute of Diabetes and Digestive and Kidney Diseases; National Osteoporosis Foundation; Office on Women's Health



AGE

Men	AGE	Women
<p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p><i>*Note: This information is intended as a general guide. Talk to your doctor for details on what types of tests you need and when to get them.</i></p>	20	<p>Blood pressure: At least every 2 years.</p> <p>Cervical cancer: Beginning at age 25, primary HPV test every 5 years (preferred), HPV test and pap test every 5 years, or pap test every 3 years.</p> <p>Chlamydia and gonorrhea: Yearly through age 24 if you're sexually active. Thereafter depending on your risk factors.</p> <p>Cholesterol: Every 4 to 6 years.</p>
<p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Diabetes: Ask your doctor.</p>	30	<p>Blood pressure: At least every 2 years.</p> <p>Cervical cancer: Primary HPV test every 5 years (preferred), HPV test and pap test every 5 years, or pap test every 3 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Diabetes: Ask your doctor.</p>
<p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Start at age 45. Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years, starting at age 45.</p> <p>Prostate cancer: Black men should talk with their doctor about the pros and cons of screening at age 45.</p>	40	<p>Blood pressure: At least every 2 years.</p> <p>Breast cancer: Mammogram every year, starting at age 45.</p> <p>Cervical cancer: Primary HPV test every 5 years (preferred), HPV test and pap test every 5 years, or pap test every 3 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Start at age 45. Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years, starting at age 45.</p>
<p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p> <p>Prostate cancer: At age 50, talk to your doctor about the pros and cons of screening.</p>	50	<p>Blood pressure: At least every 2 years.</p> <p>Breast cancer: Mammogram every year until age 55.</p> <p>Cervical cancer: Primary HPV test every 5 years (preferred), HPV test and pap test every 5 years, or pap test every 3 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p>
<p>Abdominal aortic aneurysm: Once between ages 65 and 75 if you've ever been a smoker.</p> <p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p> <p>Prostate cancer: At age 50, talk to your doctor about the pros and cons of screening.</p>	60	<p>Blood pressure: At least every 2 years.</p> <p>Breast cancer: Mammogram every 2 years.</p> <p>Cervical cancer: Women who have been screened regularly and had normal results can stop screening after age 65.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p> <p>Osteoporosis: Start at age 65; thereafter depends on your risk factors.</p>
<p>Abdominal aortic aneurysm: Once between ages 65 and 75 if you've ever been a smoker.</p> <p>Blood pressure: At least every 2 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Through age 75, talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p> <p>Osteoporosis: Start at age 70; thereafter depends on your risk factors.</p> <p>Prostate cancer: Talk to your doctor about the pros and cons of screening.</p>	70+	<p>Blood pressure: At least every 2 years.</p> <p>Breast cancer: Mammogram every 2 years.</p> <p>Cervical cancer: Only if you had serious cervical precancer in the past 20 years.</p> <p>Cholesterol: Every 4 to 6 years.</p> <p>Colorectal cancer: Through age 75, talk to your doctor about screening options.</p> <p>Diabetes: At least every 3 years.</p> <p>Osteoporosis: Depends on your risk factors.</p>

Start these three screenings younger

When it comes to detecting lung cancer, colorectal cancer or diabetes, **earlier is better.**



LUNG CANCER

Lung cancer is the second most common cancer in the U.S. and it's the leading cause of cancer death. Current and some former smokers should get tested for lung cancer regularly.

When to start: You should get a low-dose CT scan each year starting at age 50 if:

- You have a history of smoking an average of a pack a day (20 cigarettes) for 20 years.
- You currently smoke or have quit in the last 15 years.

Screenings can be stopped:

- When you haven't smoked for 15 years.
- If you develop a health problem that reduces your life expectancy or your ability or willingness to have lung surgery.



COLORECTAL CANCER

Colorectal cancer is the third leading cause of cancer death in the U.S. and it's becoming more common in younger people. During a colonoscopy, polyps can be removed before they develop into cancer.

When to start: The U.S. Preventive Services Task Force recommends that most adults start regular screenings at age 45. Some people should start earlier. Ask your provider what's right for you.

There are many options for colorectal cancer screening, including:

- Stool tests
- Colonoscopy
- CT colonography
- Flexible sigmoidoscopy



DIABETES

About 13% of U.S. adults have type 2 diabetes but it may not cause symptoms, so many people don't know they have it. Type 2 diabetes can lead to serious health problems, including heart and liver diseases, kidney failure and blindness. It is the seventh leading cause of death in the U.S.

When to start: Screening is recommended for people over age 35 who are overweight or obese. A simple blood test can measure your blood sugar levels.

Don't put it off

Finding health problems early can make them easier to treat and it can give you peace of mind. Talk to your doctor about which screenings are right for you.



YOUR PRIMARY CARE PROVIDER:

Caring for **ALL** of you

Your primary care provider is trained — and ready — to help you with behavioral health issues.

For instance, if you have diabetes, your primary care provider will do far more than check your blood sugar and watch for complications. Your primary care provider can also help you cope with the emotional challenges of living with diabetes: watching your diet, making time to exercise, managing medicine and more.

Likewise, if you're a smoker with a lung disease like chronic obstructive pulmonary disease (COPD), your primary care provider can help you overcome the emotional and physical challenges of quitting. These are just two examples of how primary care providers can care for all of you.

REACH OUT

Because your emotions can affect your health — and how you take care of yourself — your primary care provider is also a crucial source of support if you are struggling with things like:

- **The loss of a loved one.**
- **Changes in your health or the health of a loved one, your financial security, or a relationship.**
- **A sensitive personal issue.**

Remember, your primary care provider can't help you if they don't know what's happening in your life. And while it may be hard to be open about your feelings, especially about something sensitive, your primary care provider is concerned with one thing only: supporting you.

Sources: American Academy of Family Physicians; National Institutes of Health