

Women's Health Resources

Family Doctor

- Annual check-ups
- Breast exam & pap tests
- Pregnancy
- Referrals to specialists
- Order medical tests
- Treat flu & cold, small pains

Find a family doctor

- Call 811
- ask your friends and family
- College of Physicians and Surgeons website, search by language <https://cpsa.ca>
- Search one near on Primary Care Network. www.albertafindadoctor.ca

Pharmacist

- prescribed & non-prescribed medicines
- vitamin & supplement use
- doses, prescription list
- weight, tobacco use

AHS nutrition services

- | | |
|---------------------------------|----------------|
| 1. general public | 811 |
| 2. people with chronic diseases | 1-844-527-1160 |
| 3. pregnant women | 403-228-8221 |

Women's Health Topics

1. Breast Health Clinic

- breast cancer screening
- self / clinical exam, mammogram
- breast health problems
- affects 1 in 8 women
- family doctor's referral

2. Pap test and colposcopy test

- cervical cancer screening
- sexually active: 1st pap test at 25 **or**
- 3 years after having sex: e.g. 25+3= 1st pap test at 28
- then one test every 3 years until 69
- pap test: at family doctor / women's health clinics
- colposcopy test: need family doctor's referral

Consider Vaccination

- **100% of cervical cancer are caused by HPV**
- sexual or skin-to-skin contact in genital area
- 75% of sexually active people will get HPV
- hide in body for years
- vaccine is good for females: 9 – 45 ; males: 9 - 26
- vaccine: 3 shots in 6 months

3. Sexual Health

- Talk to your family doctor
- Sexual and Reproductive Health Clinics at AHS (appointments only)
 1. Summit: Marian & Jim Sinneave Centre for Youth Resilience – 1015 17 St NW
 2. Sheldon M. Chumir Health Centre – 5th fl. 1213 4 St SW
 3. South Calgary Health Centre- 31 Sunpark Plaza SE
 4. Sunridge Professional Building – 2675 36 St NE
 5. Okotoks Health and Wellness Centre – 11 Cimarron Common, Okotoks

Services:

- pregnancy & pap tests
- pregnancy options decision support
- post abortion check ups
- birth control info, prescriptions, supplies
- IUD insertion and counselling
- emergency contraception
- HPV vaccine information and prescriptions
- STI, HIV, and syphilis testing
- STI treatment
- Care after a sexual assault

4. Obstetrics & Gynecology

- Women's Reproductive system consult
- Minor surgeries
- Hysterectomy
- Abnormal periods/cysts
- Severe PMS

Menopause & Perimenopause

- No period for 1 year, around age 50, normal changes
- Perimenopause late 30~early 50, 2 to 8 years.
- Symptoms: irregular periods, hot flashes, insomnia, emotional changes, depression, headaches, heart beating too fast/unevenly, problems with remembering or thinking clearly, vaginal dryness.
- Overtime, many improve or go away

5. Pelvic Floor Clinic

- bladder or bowel problems
- Uncontrolled loss of urine
- Treatment
- family doctor's referral needed

6. Osteoporosis clinic

- bone health test (bone density test)
- affects 1 in 4 women over 50
- family doctor's referral needed

Risk Factors	How to Reduce Risks
<ul style="list-style-type: none"> - Not enough calcium - Older than 65 - If a family member broke a bone after age 50 - If you have broken a bone after age 40 - If you are a women and have been through a menopause 	<ul style="list-style-type: none"> - Enough calcium and Vitamin D - Exercise (Weight-bearing and resistance) - Stop smoking - Lower your caffeine intake - Limit your alcohol intake

7. Colonoscopy

- Colon Cancer screening
- Affects 1 in 13 men, 1 in 16 women
- Home stool test FIT at 50, once a year
- Colonoscopy – family doctor's referral needed

Resources

Alberta Healthy Living Program

- Education classes
- Better choices, better health (Peer support)
- Nutrition services
- Free and at various sites in Calgary, Virtual and in-person available
- To register, online: www.albertahealthservices.ca/info/page13984.aspx or call 1-844-527-1160

Mosaic Women's Clinic

- Mosaic Medical Clinic has a Women's Clinic
- 1-2681, 36th Street NE, 403-250-5066
- www.mosaicpcn.ca
- female doctors and nurses
- self-referral, interpretation

811 Health Link

- nurse / nutrition Advice & baby care advice and classes
- 24/7, free, **confidential**, interpretation available