



## The Women's Wellness Series promotes our vision of the Women's Wellness and GYN Specialty Services.

An extension of Swedish, the center will provide comprehensive care for women at every stage of life, including primary care and behavioral health, wellness and prevention, and specialty and surgical care. We are grateful to Drs. Dunsmoor-Su, Nazemi, and Rubenstein for a candid and educational discussion on how women can best support their bodies as they age. Please find below their contact information and key highlights from the discussion.

### **Rebecca Dunsmoor-Su, M.D.**

Located at Swedish First Hill, Dr. Dunsmoor-Su's focus is on gynecology, specifically on vulva vaginal specialties and menopause. Dr. Dunsmoor-Su is currently accepting new patients and accepts Medicare.

**To schedule an appointment:  
206-215-6300**

### **Tanya Nazemi, M.D.**

Located at the First Hill location of the Swedish Urology Group, Dr. Nazemi's focus is on urology and urogynecology.

**To schedule an appointment:  
206-386-6266**

### **Carrie Rubenstein, M.D.**

Located at Swedish First Hill, Dr. Rubenstein's focus is on geriatrics. Dr. Rubenstein is currently accepting a limited amount of new patients and accepts Medicare.

**To schedule an appointment:  
206-386-6111**

### **When should I receive a Mammogram?**

According to Dr. Dunsmoor-Su, women should start receiving mammograms between the ages of 40 and 50. To decide where you fit within this 10-year spectrum, discuss your risk factors, family history, and comfort level with your physician.

### **When should I receive a Colonoscopy?**

Women should receive colonoscopies every 10 years beginning at the age of 50. This age baseline is currently under consideration and may be changed to 45. Talk with your physician to decide when you should start receiving colonoscopies.

### **How often should I receive pap smears?**

#### **When should I stop?**

Women between the ages of 30-65 should receive pap smears every 3 years, or receive both an HPV test and pap smear every 5 years. Women can stop receiving pap smears if they have had a hysterectomy, or by the

age of 65 if they have had no abnormalities in their results. Around 20 percent of women over the age of 65 get cervical cancer. Statistically, these women were not previously regularly screened or had previous abnormalities occur in their screenings. Please consult with your physician if you have further questions.

### **When should I receive a DEXA Bone Scan?**

#### **What do they screen for?**

We recommend women receive bone scans to screen for Osteoporosis starting at the age of 65. Osteoporosis is more common as we age and increases the risk of bone fractures in the event of a fall, which can lead to severe health complications. Dr. Rubenstein shared that some women may need to receive bone scans as early as 50 if they smoke, drink alcohol in excess, have a low body weight, or had premature menopause. Work with your physician to discuss when and how often you should receive bone scans.

# WOMEN'S WELLNESS

## **Sneezing and other activities make me urinate - how can I manage it?**

Stress incontinence occurs when any physical movement, such as sneezing, puts pressure on your bladder causing urination. Any woman may experience stress incontinence, although it is most common in women who have had children or are experiencing menopausal hormonal changes. Treatment options include lifestyle changes, such as losing weight and smoking cessation, or pelvic floor strengthening through Kegel exercises and physical therapy. Work with your physician to learn which treatment options might be best for you.

## **What is Urge incontinence - how can I manage it?**

Urge incontinence is the constant feeling that you have to urinate. Dietary changes, such as a reduction in intake of caffeine, alcohol, and spicy foods may reduce symptoms as they can make the bladder more spastic. In addition, maintaining a healthy weight, not smoking, and pelvic floor exercises support urinary continence. Many women believe that by drinking less water, they will lessen their urge to urinate. Dr. Nazemi debunked this myth. Dehydration irritates the bladder and increases the urge to urinate. It is recommended that women continue to drink fluids to maintain hydration and decrease their risk of complications, such as UTI's. Work with your physician to find treatment options that work for you.

## **Why do women get UTI's as they age?**

Estrogen maintains the PH balance in women's vaginas and protects against bacterial growth. As women enter their 60s and their bodies produce less estrogen, they may become more susceptible to UTI's. To reduce both the occurrence and symptoms of UTI's, Dr. Nazemi recommends that women remain hydrated, urinate after sex, not hold their urine, and use vaginal estrogen. Please consult your physician if you have any further questions.

## **Do supplements help stop UTI's?**

Some women recommend D-mannose or cranberry supplements to prevent UTI's. D-mannose is a type of sugar that theoretically flushes bacteria from the bladder, however, Dr. Nazemi shared that there is no strong correlation between D-mannose and UTI prevention. There is evidence to support cranberry supplements with the active ingredient A-type proanthocyanidins (PAC). Dr. Nazemi emphasized that although supplements may have some benefits, they do not replace the prevention strategies of hydration, frequent urination, and urination after sex.

## **What are sources of dietary calcium and vitamin D? Why do they matter?**

Vitamin D and calcium support bone health for women as they age. Calcium can be found in both dairy and non-dairy sources and include yogurt, milk, salmon, and spinach. To reach the recommended daily value it is important to maintain a balanced diet. While calcium can be absorbed through food, Vitamin D is best absorbed through sun exposure. In areas that have darker winters, such as Seattle, it can be difficult to reach the recommended daily value and you may have to consider taking supplements. Consult with your physician to learn what supplements, if any, would be right for you.

## **How can I maintain my cognitive health?**

While age and genetics present their own risk factors as we age, Dr. Rubenstein shared that women can support their cognitive health through stress reduction, continued education, blood pressure management, cognitive activities such as puzzles or word games, and mental health support and treatment for depression.