



Preventive Care in Women's Health

At 'Ohana, we value everything you do to deliver quality care to our members – your patients – to make sure they have a positive health-care experience. That's why we're asking you to join us in giving your patients optimal care to help improve quality scores!

'Ohana's Quality Improvement Program monitors multiple measures that reflect your patients' experiences and health.

The following measures are used to assess the quality of patient care.

Breast Cancer Screening

Measure: Percentage of women 50–74 years of age who had one or more mammograms to screen for breast cancer any time on or between Oct. 1 two years prior to the measurement year, and Dec. 31 of the measurement year.

This measure evaluates primary screening, not diagnostic screenings.

Schedule mammogram screenings for your patients

Mammograms can help find breast cancer early, when it might be easier to treat. 'Ohana covers the cost of an annual mammogram for women. These guidelines are for women at average risk. A very small number of women might have an increased risk of breast cancer, and need a different screening plan.

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**Quality care is a team effort.
Thank you for playing a starring role!**



American Cancer Society guidelines¹:

- Women ages 40 to 44 should have the choice to start annual breast cancer screening with mammograms (X-rays of the breast).
- Women ages 45 to 54 should get mammograms every year.
- Women 55 and older should get mammograms every two years, or continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.
- All women should be familiar with the benefits, limitations and potential harm linked to breast cancer screening.

Osteoporosis Management in Women Who Have Had a Fracture

Measure: The percentage of women 67-85 years of age who suffered a fracture and who had either a bone mineral density (BMD) test for osteoporosis in the six months after the fracture.

Early detection of bone loss gives your patient a greater chance to prevent and treat osteoporosis.

A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs. This test helps to estimate the density of your bones and your chance of breaking a bone. The National Osteoporosis Foundation recommends a bone density test of the hip and spine by a central DXA machine to diagnose osteoporosis. DXA stands for dual energy X-ray absorptiometry².

NOF recommends women have a bone density test if:

- They are age 65 or older
- They break a bone after age 50
- They are of menopausal age with risk factors
- They are a postmenopausal woman younger than 65 with risk factors

¹<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

²<https://www.nof.org/patients/diagnosis-information/bone-density-examtesting/>

- Make sure regular preventive appointments and screenings are up to date.
- Reach out to women who are overdue for screening.

Please refer members for a bone mineral density test within six months of a fracture or start them on osteoporosis medication therapy.

