

Routine Health Maintenance



Suite 301
46 S. Glebe Rd.
Arlington, VA 22204

Dr. DiMattina and Dr. Gordon recommend that you make the following a part of your routine health maintenance with your primary care physician:

- All women of reproductive age should undergo a cervical Pap smear on a yearly basis.
- Patients between the ages of 35 and 40 should have a baseline screening mammogram with yearly mammography commencing after age 40.
- It is important for women trying to conceive to begin taking prenatal vitamins with an extra 0.4-0.8 mg of Folic Acid every day before beginning fertility treatments and continuing with Folic Acid throughout pregnancy. "Available evidence indicates that 0.4mg per day of folic acid, one of the B vitamins, will reduce the number of cases of neural tube defects (NTD's)" (MMWR, vol. 41/No. RR-14, Sept 11, 1992).
- Cystic fibrosis is the most common genetic disorder with the Caucasian population. In 1997, the National Institutes of Health (NIH) published a consensus development statement. This statement recommended screening of couples planning pregnancy and seeking prenatal care.

Table 1. Carrier Frequency of Cystic Fibrosis in Each Ethnic Group

Group	Incidence Frequency	Carrier
White	1/3300	1/29
Ashkenazi Jewish	1/3970	1/29
Hispanic	1/8-9000	1/46
Native American	1/1500	
Black	1/15,300	1/60-65
Asian	1/32,100	1/90

Genetics testing for Cystic Fibrosis. NIH Consensus Statement 1997. April 14-16; 15 (4): 1-37

Please indicate that you have read and understand the above comments regarding routine health maintenance screening for women of reproductive age by signing below:

Female Patient's Signature

____/____/____
Date

Female Patient's Name (Printed or Typed)