



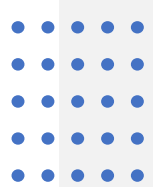
ADPH WW Clinical Overview Recap

Deanah Maxwell Stafford MD
Physician Consultant ADPH
Bureau of Family Health Services

ADPH Well Woman Program

- The goal of the Well Woman program is to provide preconception and interconception care to women ages 15-55 as a foundation for wellness through health counseling/coaching, health promotion, chronic disease identification, and planning/adopting a healthy lifestyle.





ADPH Well
Woman Program
Cardiovascular
Screenings

Obesity

Diabetes

Hypertension

Hyperlipidemia



ADPH Well Woman Program– Obesity

- A disorder involving excessive body fat that increases the risk of health problems.
- Body Mass Index (BMI) is a screening tool for overweight and obesity.
- Obesity is frequently subdivided into categories:
 - Class 1: BMI of 30 to < 35
 - Class 2: BMI of 35 to < 40
 - Class 3: BMI of 40 or higher
 - Class 3 obesity is sometimes categorized as “severe” obesity.

Obesity



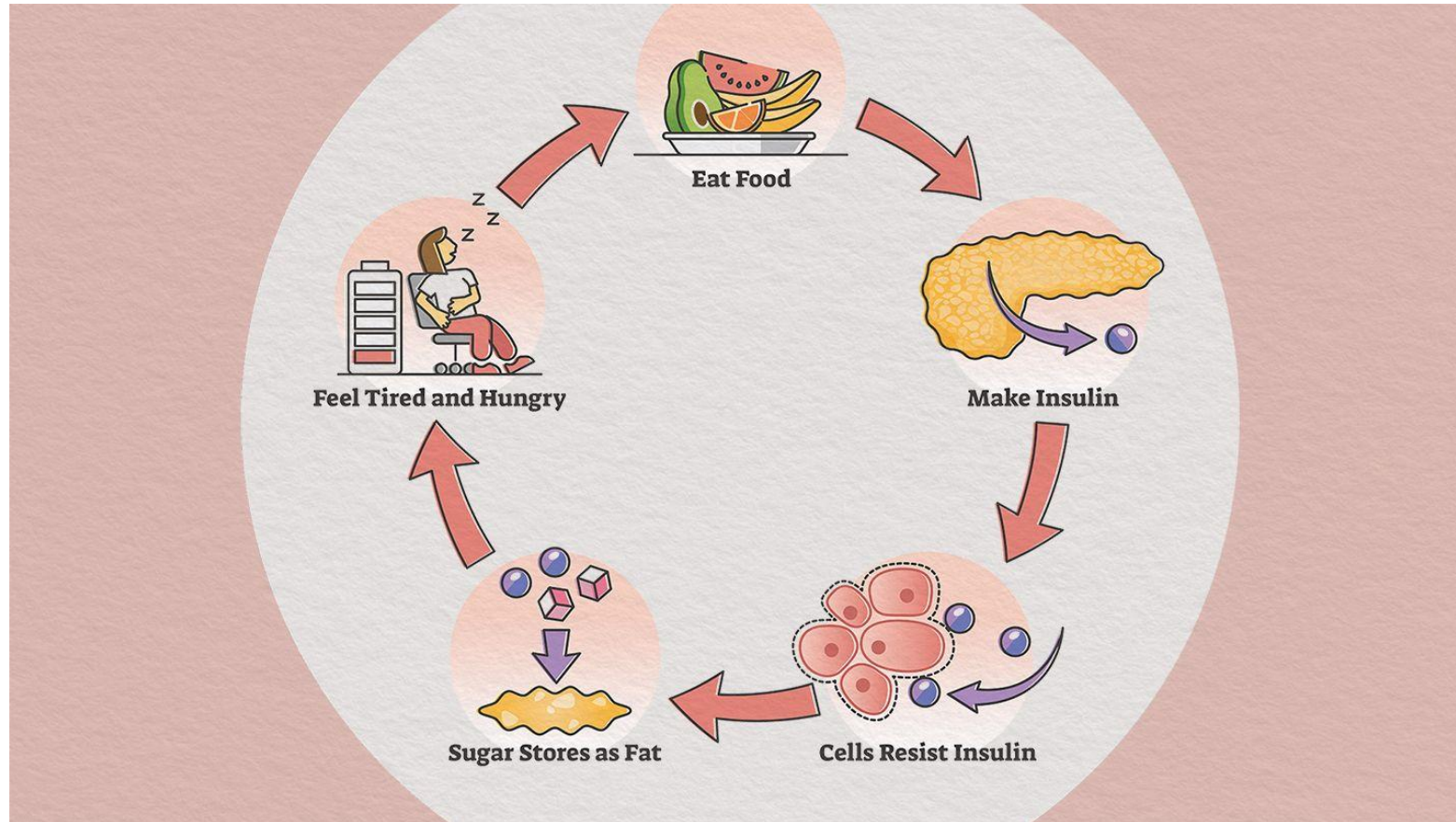
- Body Mass Index (BMI) is a person's weight in kilograms divided by the square of height in meters. A high BMI can indicate high body fatness. BMI screens for weight categories that may lead to health problems, but it does not diagnose the body fatness or health of an individual.

ADPH Well Woman – Diabetes

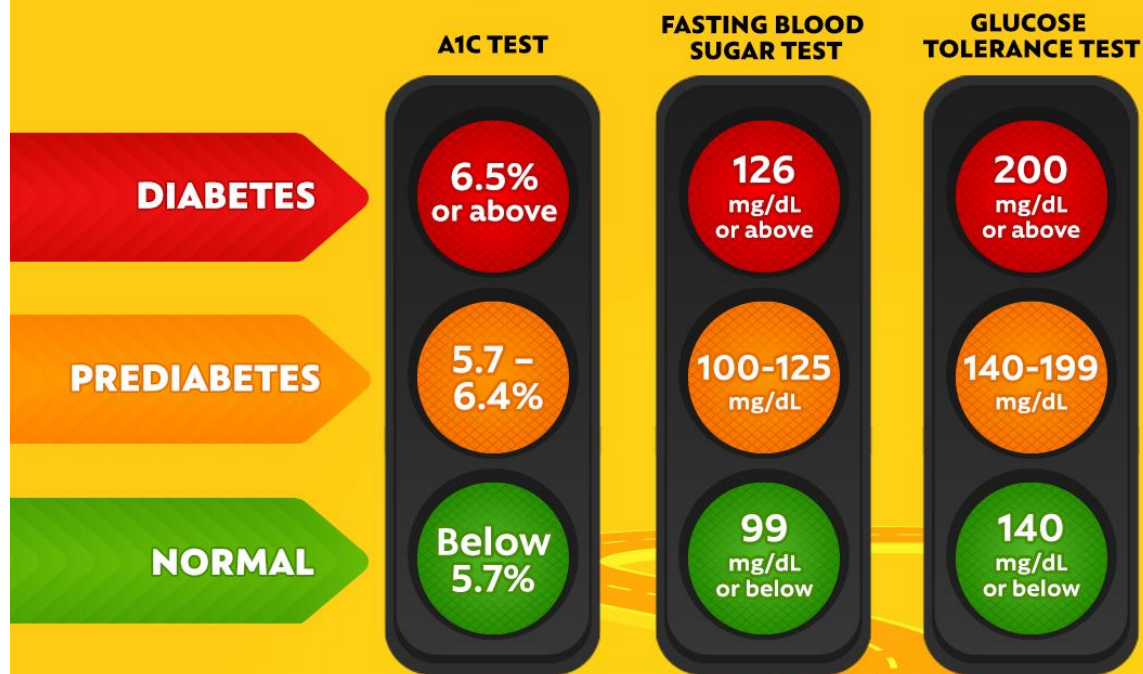
- If the pancreas can no longer produce enough insulin to bring down sugar levels, the symptoms of diabetes will begin to appear. Type 2 diabetes comes on gradually and it can take up years for symptoms to appear



ADPH Well Woman – Insulin Resistance



THE ROAD TO TYPE 2 DIABETES

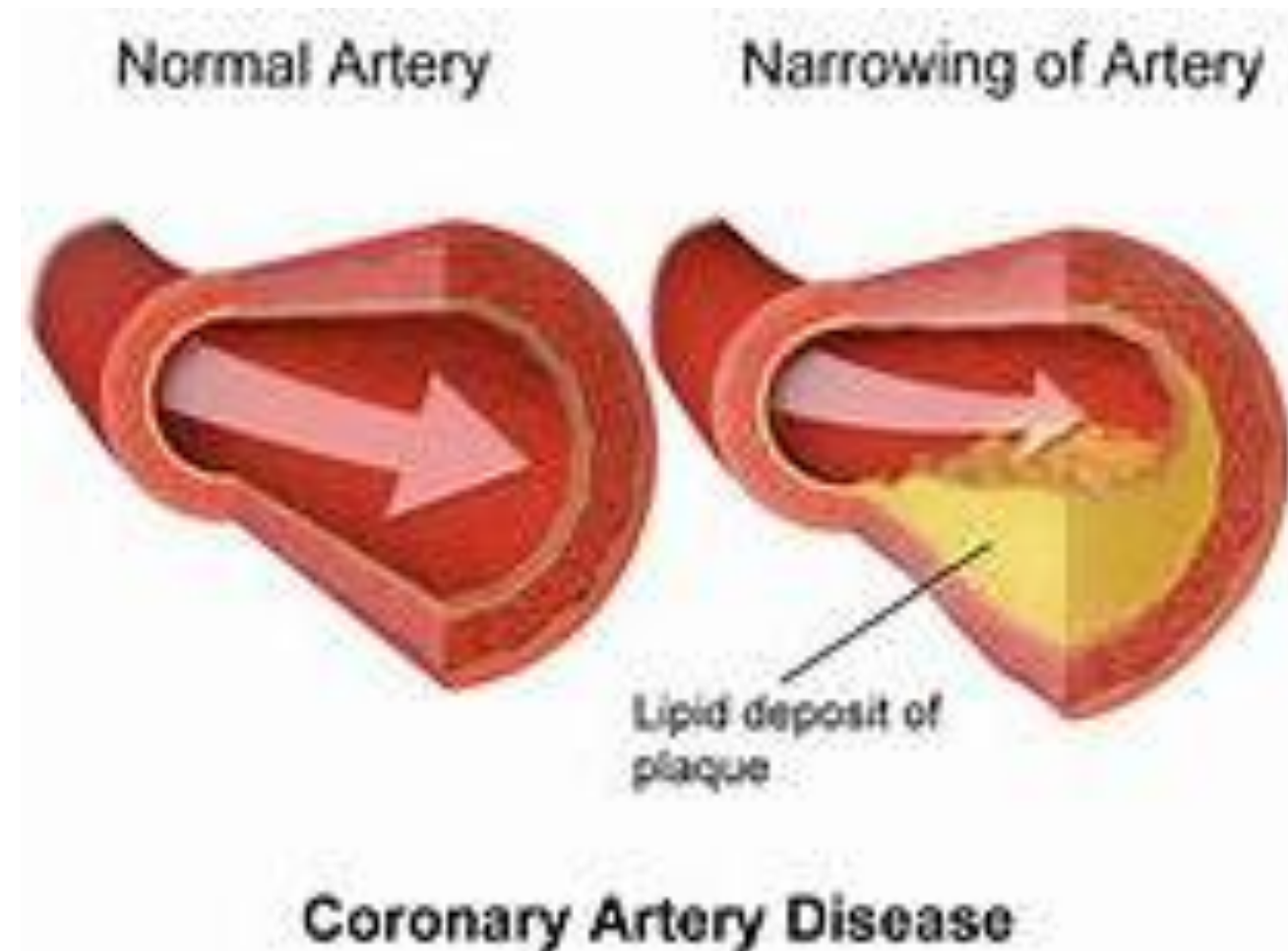


Source: American Diabetes Association



ADPH Well Woman Program– Cholesterol

- Too much cholesterol increases the risk of atherosclerosis
- Atherosclerosis increases the risk of heart disease, HTN, and stroke



ADPH Well Woman – Cholesterol

	Measurement used within the United States Milligrams/deciliter (mg/dL)	Measurement used most places outside the United States Millimoles/liter (mmol/Liter)
	Level to aim for	Level to aim for
Total cholesterol	Below 200	Below 5.17
LDL cholesterol	Below 130 – or much lower if at risk of heart attack and stroke	Below 3.36 – or much lower if at risk of heart attack and stroke
HDL cholesterol	Above 60	Above 1.55
Triglycerides	Below 150	Below 1.7

Cholesterol is measured differently in the United States than it is in most other countries. This table shows values used within and outside the United States. It includes the cholesterol and triglyceride levels that most people who do not have heart disease should aim for.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

ADPH Well
Woman-
Hypertension

CENTRAL ILLUSTRATION: 2017 Updated Classification and Management of High Blood Pressure in Adults

