

## For Women of All Ages

To provide you with the best possible care, we want to understand your full medical history. We will ask questions such as:

- Current health information
- Family history: heart disease, diabetes, colon, breast and ovarian cancer and osteoporosis.
- Dietary history
- Menstrual history
- Screening for depression, substance abuse and domestic violence.



## OFFICE HOURS

### Family Physician Associates

515 Hospital Drive  
Shelbyville, KY 40065  
502-633-3525

Monday through Saturday  
8:00 a.m. – 5:00 p.m.

Tuesday/Thursday until 7 p.m.  
Saturdays by appointment only

### Family Physician Associates

150 Fairview Court  
Eminence, KY 40019  
502-845-5672

Monday through Friday  
8:00 a.m. – 5:00 p.m.

Tuesday until 7 p.m.

## SICK HOURS

No appointment needed  
8:00 a.m. – 9:00 a.m.  
Monday through Friday

Telephone Instructions  
Press the following number:

2 – appointments

3 – refills

4 – billing questions



W O M E N ' S   H E A L T H

 **Family Physician  
Associates**

Jewish Physician Group

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## Services Offered:

**Physical Exam** including blood pressure, height and weight

**Screening** for cervical cancer, osteoporosis screening and bone density testing if indicated, measurement of cholesterol, HDL, LDL and triglycerides.

**Immunization** update

**Smoking** cessation counseling

**Nutritional** counseling emphasizing low-fat, high-fiber diet

**Exercise** counseling: exercise for at least 30 minutes three times weekly including aerobic activity for cardiovascular benefit; weight-bearing exercises for osteoporosis prevention

**Safety counseling:** seat belt when in a car, helmet when riding a bicycle or motorcycle, etc.

Instructions for self **breast examination**

## Health Interventions

### Women ages 19 to 39

- Contraceptive counseling
- Safe sex counseling
- Folate supplementation (0.4 mg/day) for women planning to get pregnant

### Women ages 40 to 64

- Screening mammogram beginning at ages 35 to 40, then every 1-2 years through age 50, then yearly
- Yearly digital rectal examination
- Colon cancer screening beginning at age 50
- Calcium intake of 1200-1500 mg/day  
Vitamin D 800/units/day
- Discuss osteoporosis prevention

### Women Ages 65 and Over

- Yearly mammograms
- Yearly rectal exam
- Periodic screening for colon cancer
- Pneumovax and yearly flu vaccine
- Home safety counseling
- Osteoporosis prevention
- Calcium and Vitamin D

# Family Physician Associates

Jewish Physician Group

**James R. Smith, M.D.**

Board Certified Family Physician

**David W. Wallace, M.D.**

Board Certified Family Physician

**David A. Jones, M.D.**

Board Certified Family Physician

**Edward L. Sames, M.D.**

Board Certified Pediatrician and Internist

**Kenneth A. Gardner, M.D.**

Board Certified Emergency Medicine

**Georgia P. Harrod, MPAS, P.A.C.**

Certified Physician Assistant

**Laura E. Davis, MPAS, P.A.C.**

Certified Physician Assistant

