Supporting Women’s Health

Topics:
• Health in the headlines
  • Latest on COVID-19
  • Latest on Monkeypox
• What is women’s health?
• Mammograms
• Recommendations for screenings
• Digital experience
• Self-scheduling – how it works
Legal Disclosure:

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Ask us questions – give us feedback – this hour is for you

• Please use the **Q and A** function to ask your questions at anytime.
Health in the headlines
COVID – 19 Current Subvariants

United States: 6/12/2022 – 9/17/2022

% Viral Lineages Among infections

United States: 9/11/2022 – 9/17/2022 NOWCAST

WHO label Lineage # US Class %Total 95%PI

** Enumerated lineages are US VOC and lineages circulating above 1% nationally in at least one week period. “Other” represents the aggregation of lineages which are circulating <1% nationally during all weeks displayed.

* These data include Nowcast estimates, which are modeled projections that may differ from weighted estimates generated at later dates.

AY 1-AY 133 and their sublineages are aggregated with B.1.617.2. BA.1, BA.3 and their sublineages (except BA.1.1 and its sublineages) are aggregated with B.1.1.529. Except BA.2.12.1, BA.2.75 and their sublineages. BA.2 sublineages are aggregated with BA.2. Except BA.4,6, sublineages of BA.4 are aggregated to BA.4. Except BF.7, sublineages of BA.5 are aggregated to BA.5. Sublineages of BA.1.1 and BA.2.75 are aggregated to the parental BA.1.1 and BA.2.75 respectively. Previously, BA.2.75 was aggregated with BA.2, and BF.7 was aggregated with BA.5.

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10.6.22
• Variants to pay attention to ...
  • BA.4 and BA.5 (currently predominant)
  • BA.2.75.2 (rising worldwide) – a great evader
  • BF.7 – one mutation more then BA.5 – also increased evasion
  • BA.4.6 – making a strong showing in US recently
• Metrics are improving in the US but ...
  • 24,000 hospitalized with 3,000 in ICU
  • 400 deaths per day
  • UK cases increased by 30% week over week and ... US has lagged UK by one month throughout pandemic
  • Wastewater shows increasing viral load - new subvariants becoming more numerous
COVID – 19: The Bottom Line

- Another surge is likely in a month or so
- What to do …
  - Booster
  - High quality masks indoors
  - Physical distancing indoors
  - Wash hands
  - Sanitize surfaces
  - Good ventilation
  - Isolate if sick
• Two years of decreased infections due to widespread protective behaviors – diminished population immunity.

• Severe flu season in Australia – historically, northern hemisphere follows southern hemisphere pattern.

• US season expected to be severe – lower immunity, discontinued protective behaviors, track record in Australia.

• Like Australia, US season has started earlier. Predominant variant is also Influenza A subtype H3N2. Cases have already been reported in ME.

• This year, vaccination is very important and likely to be only moderately supported by population due to vaccination fatigue and lack of trust in CDC/government.

• Remember, 60,000 people die in the US each year from Influenza.
Monkeypox

• 25,000 cases in the US with 2 deaths.
• Predominantly MSM transmission, still.
• Cases are declining – probably due to behavior changes and vaccinations.
• 19 cases in US children – school, including hugging, not a concern for transmission.
• Most likely to continue to decline, with occasional flare-ups.
Easy access to schedule your vaccine, booster, or Flu shot

COVID-19 (Coronavirus) Portal - Public Vaccination (northernlighthealth.org)

COVID-19 Vaccination and Booster Eligibility Updates

Booster dose appointments for Pfizer, Moderna, and Johnson & Johnson COVID-19 vaccines are now available for people 18 and over who meet criteria.

People 5 years or older are currently eligible to schedule a COVID-19 vaccination.

Important:

- Community members under age 18 who would like to be vaccinated, must have a parent or guardian complete and initial the online scheduling form on their behalf.
- In addition to scheduling a vaccine using the online process, patients under 18 are be required to bring a completed consent to treat form signed by their parent or guardian to their appointment.
- Patients under the age of 16 must be accompanied by a parent or guardian to their vaccination.
- If you have any questions please call: 207-204-8551*

*Long distance or carrier fees may apply.

Scheduling your vaccination:

- If you cannot find an appointment that works for you at a Northern Light Health location, please visit the state COVID-19 vaccination sites list.
- Please print your appointment confirmation and bring it with you. Vaccination candidates will receive an email confirming their vaccination location.
Poll Question 1:
Why you should invest in women’s health
The Critical Role of an Employer to Support Women’s Health

Health Insurance Coverage of Women Ages 19-64, 2020, Maine

- Employer: 63%
- Non-Group: 16%
- Medicaid: 6%
- Other: 10%
- Uninsured: 6%

57% of the American work force is comprised of women

Note: Other includes Medicare, TRICARE, and other sources of coverage. Percentages may not sum to 100% due to rounding. N/A: Estimates with relative standard errors greater than 30% are not provided.

Women seeking care…

Women Who Do Not Have a Regular Clinician Are Less Likely to Receive Certain Preventive Services

<table>
<thead>
<tr>
<th>Service</th>
<th>Have a regular clinician</th>
<th>No regular clinician</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mammogram (ages 40–64 y)</td>
<td>75%</td>
<td>43%</td>
</tr>
<tr>
<td>Pap test</td>
<td>69%</td>
<td>53%</td>
</tr>
<tr>
<td>Talked to clinician about diet, exercise, or nutrition</td>
<td>80%</td>
<td>55%</td>
</tr>
<tr>
<td>Talked to clinician about mental health issues</td>
<td>56%</td>
<td>38%</td>
</tr>
<tr>
<td>Talked to clinician about smoking</td>
<td>52%</td>
<td>45%</td>
</tr>
</tbody>
</table>

NOTES: Mammogram and pap in prior 2 years. Clinician counseling in past 3 years.

Authors: Usha Ranji, MS, Alina Salganicoff, PhD, and David Rousseau, MPH, for the Kaiser Family Foundation.
Notes: Among women aged 18–64 unless otherwise noted. All data are from 2017.
Source: Kaiser Family Foundation analysis. Original data and detailed source information are available at kff.org/JAMA. 6-11-2019.
Please cite as: JAMA. 2019;321(22):2154. 10.1001/jama.2019.5271
What is women’s health? How do we access it?
Women have a unique set of healthcare challenges and are at higher risk of developing certain conditions and diseases than men. A few of the most common are:

- Heart disease
- Stroke
- Diabetes
- Maternal health issues
- UTI
- Sexual health
- Breast cancer
- Osteoporosis
Local Women’s Health

Maine Female Population by Age Group, 2018 and 2028

- 2018
  - Age 0-19 years: 22%
  - Age 20-39 years: 35%
  - Age 40-64 years: 23%
  - Age 65+ years: 20%

- 2028 Proj
  - Age 0-19 years: 17%
  - Age 20-39 years: 31%
  - Age 40-64 years: 31%
  - Age 65+ years: 21%

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How to Access Care for Women

Women embracing, leading use of telehealth

- Providers increased telehealth usage, including for OB-GYN and behavioral health services
- Patients become more tech-savvy and the generations that grew up with digital technology are now adults and having children

Telehealth adoption increases during Covid-19 pandemic

<table>
<thead>
<tr>
<th>People that used at least 1 telehealth modality throughout Covid-19 (not phone)</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>54%</td>
<td>48%</td>
<td></td>
</tr>
</tbody>
</table>

70% of women satisfied with telemedicine encounter

7 out of 10 women in Austria were very satisfied with their telemedicine encounter compared to 59% of men

58.5% of women’s primary care visits were conducted virtually

Almost 6 out of 10 women used telemedicine for primary care visits during Covid-19 compared to 42% of men

48% of women think that a ‘one-stop-shop’ clinic for all routine women’s health services would improve access

42% of women think that more flexible appointment times would improve their access to women’s services

35% of women think that more time with health care professionals would improve their use of services
Fighting cancer is a team sport – Rachel’s story
The day our family changed forever

- Mom of three young children
  - 13
  - Five
  - Four

- Work from home employee
  - Normalizing cancer for kids' sake
  - Including kids in treatments
  - Making holidays fun

- Husband works fulltime outside of home

- October 23, 2017
  - Found lump in breast

- October 24, 2017
  - Mammogram and ultrasound

- October 31, 2017
  - Cancer diagnosis

- November 3
  - Lumpectomy

- November 30, 2017
  - First round of chemotherapy, five rounds total

- Radiation, 36 treatments
  - Five days a week for seven weeks and one day in a row
Fast forward five years and

Cancer doesn’t end when treatments are over
• Working outside of home
• Follow up appointments
• Residual effects of treatments
Cancer Advisory Board
• Survivorship Program
What are recommendations for screenings for women?
### Screening Recommendations

<table>
<thead>
<tr>
<th>American Cancer Society</th>
<th>US Preventative Task Force</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age 40-44</strong>: Option to start annual screening</td>
<td><strong>Age 40-49</strong>: Individual choice to start every other year screenings</td>
</tr>
<tr>
<td><strong>Age 45-54</strong>: Annual screening</td>
<td><strong>Age 50-74</strong>: Every other year screening</td>
</tr>
<tr>
<td><strong>Age 55 and older</strong>*: Option to go to every other year or continue annual screening</td>
<td><strong>Age 75 and older</strong>: No formal recommendation</td>
</tr>
</tbody>
</table>

*Screening should continue as long as patient is in good health & expected to live at least another 10 years


https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/breast-cancer-screening

It’s important to know your risk factors and discuss the proper guidelines with your healthcare provider.
You pick a time and date that works for you how to access our Mammogram Services

**Direct Book**
- online
- at your convenience
- an available time that works best for you
- https://northernlighthealth.org/scheduleamammogram

**Walk in**
- Many of our locations offer walk in services for screening mammograms

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Diagnostic Mammograms
(Patient feels a lump or other abnormality)

Mammogram scheduled ASAP usually within 3-5 days

Images immediately reviewed by Radiologist while the patient waits
Why supporting women and their health should be a priority
Prevention

- Obesity
- Alcohol intake
- Physical inactivity
Survivorship

• Definition
• Phases
• Prevalence
• Importance
• Survivorship Care
Poll Question 2:

Good Health Is Good Business
Roundtable discussion – Please use Q and A to ask your questions

Karen Hawkes, MS
VP of Operations
Northern Light Beacon Health

Ed Gilkey, MD, MS, MBA,
CPE, Senior Physician Executive, Northern Light Beacon Health

Natalia Hall, MBA
Director Northern Light Women’s Health

Rachel Downs
Breast Cancer Survivor
Breast Cancer Advisory Board, Northern Light Cancer Care

Jen Castonguay, RTR, CT
Director Diagnostic Services, Northern Light SVH

Elizabeth Dennis, DO
Internal Medicine
Director Adult Cancer Survivorship Program, Northern Light Cancer Care
Tools you can use:

https://northernlighthealth.org/Resources/Safe-Return-to-Business
Register and save the date for Thursday, November 10 and December 8

- **November 10**
  The Emotional, Physical, and Financial Cost of Diabetes

- **December 8**
  Collectively improving quality of life across Maine
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