DEPARTMENT OF THE NAVY
BUREAU OF MEDICINE AND SURGERY
2300 E STREET NW
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IN REPLY REFER TO
BUMEDNOTE 6320
BUMED-02W
26 Oct 1999

BUMED NOTICE 6320

From: Chief, Bureau of Medicine and Surgery
To: All Ships and Stations

Subj: ANNUAL HEALTH MAINTENANCE EXAMINATION FOR WOMEN

1. Purpose. To provide annual health maintenance examination requirements for all female beneficiaries.

2. Cancellation. BUMEDNOTE 6320 dated 30 March 1998.

3. Examination Requirements. An annual health maintenance examination shall be required for all active duty women, and shall be offered to all other eligible female beneficiaries that are 18 years of age or older and/or are sexually active. The annual health maintenance examination for women, includes, but is not limited to, the following:

a. Papanicolaou smear.

b. Pelvic examination.

c. Breast examination.

d. Blood pressure measurement.

4. Mammography. A baseline mammogram should be offered to all women at age 40. A screening mammogram should be offered to all women every 1 to 2 years between the ages of 40 and 49, and yearly for all women age 50 and older. For high risk women, such as women who have a family history of breast cancer in a first degree relative, baseline mammography should begin at age 35 (or sooner if clinically indicated) and then be performed annually.

5. Exceptions to Examination Requirements. When a health care provider determines that a woman does not require a portion of the annual health maintenance examination, the provider shall discuss the basis for that recommendation and advise her of the time frame for, and the content of, the next examination.

6. Family Planning, Contraceptive Counseling, and Sexually Transmitted Disease Prevention Counseling. This counseling will be performed during every annual health maintenance examination. Counseling should include information on availability and efficacy of all birth control methods (including abstinence and emergency contraception) to prevent pregnancy; and the ability of different contraceptive methods to protect against sexually transmitted diseases (STDs) and human immunodeficiency virus (HIV) infection.

a. Health care providers should follow current Centers for Disease Control guidelines for the screening and treatment of STDs.

b. Counseling should be provided regarding risky sexual behavior, the prevention of unplanned pregnancies, and STDs including HIV.

7. Health Promotion Counseling. This counseling should be part of every health maintenance examination. Counseling should include information on nutrition (including folic acid and calcium supplements), exercise, substance abuse, physical/sexual abuse, and injury prevention.

8. Notification of Results

a. Papanicolaou Smear. The results of the Papanicolaou smear shall be provided to the patient within 14 days of the smear being obtained at all continental United States and outside continental United States naval hospitals, naval medical clinics, and branch medical clinics (excluding nonclaimancy 18 facilities). The results of Papanicolaou smears obtained at sites other than Claimancy 18 facilities should be provided to the patient within 30 days.

b. Mammogram. Screening mammogram results shall be provided to the patient within 14 days of the mammogram being performed. Diagnostic mammogram (e.g., for evaluation of a lump) results shall be provided to the patient within 5 days of the mammogram being performed.

9. Active Duty Members. Active duty members are responsible for making and keeping appointments for the yearly health maintenance examination.

10. Cancellation Contingency. Upon incorporation into the Manual of the Medical Department.

R. A. NELSON

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