

Screening Tests

Experts agree—screening tests can find diseases earlier when they are easier to treat. Below are tests of particular interest to women. They are adapted from the recommendations of the U.S. Preventive Services Task Force.

Mammograms: Have a mammogram every one to two years, starting at age 40.

Pap Smears: Have a Pap smear every one to three years if you have been sexually active or are older than 21.

Blood Pressure and Cholesterol Checks: Have your blood pressure and cholesterol checked regularly.

Colorectal Cancer Tests: Have a test for colorectal cancer starting at age 50.

Diabetes Tests: Have a test to screen for diabetes if you have high blood pressure or high cholesterol.

Depression: If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether she can screen you for depression.

Osteoporosis Tests: Have a bone density test at age 65 to screen for osteoporosis. Ask your doctor if you should be checked earlier.

Chlamydia Tests and Test for Other Sexually Transmitted Diseases: Have a test for Chlamydia if you are 25 or younger and sexually active. Also, talk to your doctor to see whether you should be tested for other sexually transmitted diseases.

For more information, talk to your doctor or visit www.ahcpr.gov.

Total Women's Health

Total Women's Health offers a full range of health care services for adolescents and women. We strive to make wellness easy and will bring unique wellness opportunities to our patients.

Look for upcoming events, including fitness 101, stress reduction techniques, and nutrition basics.

With this holistic approach in mind, Dr. Henseler works closely with Lisa M. Rocchio, Ph.D. and Associates, Inc., a multidisciplinary group practice providing psychotherapy and consultation to adults, couples, adolescents, and families.

Dr. Rocchio and her associates are available to help with a broad range of concerns, and psychotherapy is tailored to individual needs and goals. Therapist areas of focus include, but are not limited to, anxiety, chronic illness, depression, eating disorders, grief, life transitions, parenting, relationship difficulties, sexual abuse and trauma, and stress management.

Lisa M. Rocchio, Ph.D. and Associates, Inc. is located at 1524 Atwood Avenue, Suite #222. You may contact them directly by calling 401-751-5880. You are also encouraged to speak with Dr. Henseler about any concerns you may have or to obtain a referral.

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Total Women's Health



*Complete healthcare
services for women
and adolescents*

Prevention Is the Best Medicine

Total Women's Health is a unique health practice headed by Dr. Laura Henseler, a family physician. Focusing on wellness and prevention, Dr. Henseler strives to treat each woman as a whole, not merely the sum of her medical symptoms.

In ever growing numbers, women today are facing many potentially deadly or debilitating conditions, including heart disease, diabetes, and osteoporosis. The tragedy is that these conditions are largely preventable with early recognition of risk factors and lifestyle modification. With this in mind, Dr. Henseler pays special attention to prevention services and patient education.



Our teens are particularly vulnerable, yet they are generally underserved when it comes to health care and education. We are now seeing preventable disease in adolescents, such as high blood pressure and diabetes, in alarming numbers as a result of sedentary lifestyles.

Dr. Henseler recognizes the unique issues facing adolescent women and treats them with the same courtesy, respect, and confidential care given to all patients.

A Unique Health Care Setting

Total Women's Health is not your typical doctor's office. Too often, physicians are forced to see a large number of patients, making patients feel rushed and unheard. Prevention often takes a "back seat" to more urgent concerns. At Total Women's Health, we take another approach. We offer these advantages:

- ***A family physician to manage all of your health care needs.***

Dr. Henseler is able to care for your health needs, from your early teen years to your golden years. As a family physician, she is comfortable treating everything from acne to angina. If appropriate, Dr. Henseler will refer you to a specialist. She can serve as a coordinator of care when multiple specialists are involved in your health needs.

- ***An office run by women for women.***

Dr. Henseler knows many women feel more comfortable discussing their health care concerns with another woman, and she encourages questions.

- ***A comfortable setting for your health care.***

Dr. Henseler will ensure you receive the time and thorough health care that you deserve.

- ***Evening hours.***

Total Women's Health will work with you to schedule an appointment when you have the time and won't be rushed.

*Cardiovascular disease claims more women's lives than the next seven causes of death combined.
(American Heart Association)*

Dr. Laura Henseler



Dr. Laura Henseler has been board certified in family practice since 1995. She attended Boston University School of Medicine and completed a three-year residency

in family practice at Franklin Square Hospital Center in Baltimore.

Dr. Henseler has practiced primary care, urgent care, and most recently headed an adolescent clinic in Jacksonville, Florida.

A native New Englander, Dr. Henseler grew up on the north shore of Massachusetts where her interest in medicine began at an early age. Now married with three children, she understands firsthand the many stressors facing women today and how these can affect their health.

Dr. Henseler is active in the community. She offers screenings and lectures at fitness centers, schools, and other settings in an effort to improve the health of adolescents and women in our community.

When not at work, Dr. Henseler can usually be found at one of her children's soccer, basketball, baseball, or gymnastics events or with her husband enjoying tennis and kayaking.