



Common women's health conditions

Tailor-made diagnostic testing
designed with women in mind





Addressing common Women's Health conditions through primary care

Women's health is a crucial area in primary care, encompassing a range of conditions that significantly impact well-being and quality of life. Some of the most common health concerns for women include:

Cardiovascular disease (CVD)

Diabetes

Cancer: Most commonly breast, lung, colorectal, and cervical cancers.

Additionally, various health concerns emerge throughout different stages of life. These include **reproductive and hormonal health** (e.g., fertility, menopause, thyroid function) as well as **age-related conditions** (e.g., bone and skin health).

Primary care professionals play a vital role in raising awareness, enabling early detection, and guiding preventive interventions.

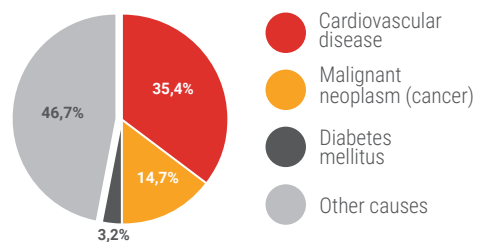
Our offering for common Women's Health conditions

At Unilabs, we offer a comprehensive portfolio of services based on four diagnostic modalities –**clinical laboratory testing, radiology, pathology and genetics**– with the aim of meeting your diagnostic needs and delivering a tailored approach to patient care.

To this end, we provide you with a **selection of targeted tests** to evaluate common diseases and other important aspects of women's health.

Leading causes of death in women aged 50+ worldwide

Over half of women 50+ die from cardiovascular disease, cancer, or diabetes



Data extracted from: <https://www.who.int/data/gho/data/themes/mortality-and-global-health-estimates/ghe-leading-causes-of-death>

Diagnostic Areas & Available Tests

Depending on your patient's needs or concerns, we offer:

BASIC TESTS

COMPLEMENTARY TESTS

Request any of the panels or tests across different health areas. These tests are commonly used in clinical practice and **may be covered by mandatory health insurance in Switzerland when medically necessary***. Patients should verify coverage with their insurance provider.

For further assessment, **additional radiological, genetic, or clinical laboratory tests** may be available. Coverage for these tests varies, and some may require prior authorization or **may not be reimbursed***. Patients should consult their insurance provider for specific details.



Cardiometabolic health

CARDIOVASCULAR DISEASE

Cardiovascular markers

Coronary Artery
Calcium scan

DIABETES

Diabetes markers



Most common women's cancers

BREAST

2D mammography

3D mammography
and breast MRI

Gyneacological
cancer panel
(Ovarian & Breast)

COLORECTAL

Faecal occult blood

Colonoscopy

LUNG

LDCT scan

CERVICAL

Pap and HPV test



Hormonal and reproductive health

FERTILITY

AMH

MENOPAUSE

Female hormone markers

THYROID

Thyroid markers



Ageing

BONE HEALTH

Bone markers

Bone density scan

SKIN HEALTH

Dermoprotection markers

*Detailed information regarding reimbursement can be found on pages 3 & 4.



Clinical laboratory testing



Radiology



Pathology



Genetics



Cardiometabolic health

Cardiovascular disease

CVD is one of the **leading causes of death among women in Switzerland**, accounting for nearly 29% of female deaths¹. Despite its prevalence, many women remain undiagnosed due to limited recognition of symptoms.

Some **symptoms in women differ from those in men** that could lead to misdiagnoses or being dismissed as anxiety-related. While chest pain remains common, women more frequently report nausea, fatigue, and back or jaw pain².

Bridging this gender gap in cardiovascular care through early detection and prevention is crucial. **Regular screenings, awareness, and lifestyle modifications can significantly reduce risks and improve outcomes.**

Cardiovascular markers

e-Unilabs code: MANCV

- Total cholesterol
- LDL-C
- HDL-C
- Triglycerides
- Non-HDL Cholesterol
- High-sensitivity C-reactive protein

(\$) Reimbursable

Who should be tested?

Women aged ≥40 years with a family history of CVD or individual risk factors such as hypertension, smoking, obesity, sedentary lifestyle, or hyperlipidemia³.

Coronary Artery Calcium scan

(\$) Coverage varies*

Who should be tested?

Women aged ≥40 years, asymptomatic, and with intermediate cardiovascular risk, CAC scoring may be considered for further risk assessment when traditional risk scores (e.g., AGLA, SCORE2) are inconclusive⁴.

Diabetes

In Switzerland, approximately **6% of adults are living with diabetes**, totalling around 389,000 individuals. Notably, about **one-third of these cases are undiagnosed**, increasing the risk of complications such as cardiovascular disease⁵.

Early detection and management are crucial in preventing complications. Regular monitoring of blood glucose levels and maintaining a healthy lifestyle can significantly reduce the risk of developing diabetes-related health issues⁵.

Diabetes markers

e-Unilabs code: MANDI

- Glucose
- Glycosylated haemoglobin
- Insulin
- HOMA Index

(\$) Reimbursable

Who should be tested?

Women aged ≥45 years, or younger with risk factors such as obesity, family history of diabetes, or metabolic syndrome⁶.





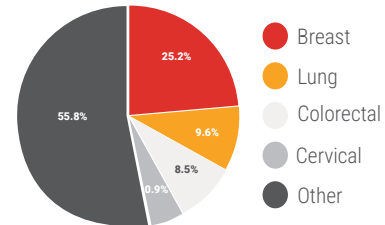
Most common women's cancers

In Switzerland, **breast, colorectal, and lung cancer** are among the most frequently diagnosed cancers in women. Together, they account for more than half of all new cancer cases annually.⁷

Early detection through regular screening is essential, as it significantly improves survival rates. For instance, **early-stages detection (I-II) of colorectal cancer has a 91% survival rate, compared to just 16% for late-stage (IV)**⁷.

Adhering to clinical guidelines for cancer testing can lead to earlier detection and better outcomes.

Top 4 most frequent cancers in women
Swiss incidence in 2022, all ages



Adapted from: <https://gco.iarc.who.int/>

Breast cancer testing

2D mammography

💰 Reimbursed**

Who should be tested?

Women aged 50 to 74 years are recommended to undergo mammography screening every two years⁸.

3D mammography
Breast magnetic resonance imaging

💰 Coverage varies*

Who should be tested?

Primarily used for diagnostic purposes, especially in women with dense breast tissue or when abnormalities are detected in 2D mammography⁹.

Gynaecological (Breast & Ovarian) Cancer panel e-Unilabs code: BRCAEXT

💰 Coverage varies***

Who should be tested?

Women with a personal or family history suggestive of hereditary breast and ovarian cancer syndrome¹⁰.

* Reimbursement may depend on individual insurance policies and medical indication. Patients should verify coverage with their insurance provider.

** Covered by mandatory health insurance when part of a cantonal breast cancer screening program. Patients typically pay a 10% co-payment (approximately CHF 20).

*** Genetic testing is covered by health insurance only after formal genetic counseling and obtaining informed consent. Coverage depends on medical criteria and insurer approval.

Lung cancer testing

Low-dose computed tomography

💰 Coverage varies*

Who should be tested?

Women aged 50-80 years, at high risk due to a history of or current smoking habits¹¹.

Colorectal cancer testing

Faecal occult blood

e-Unilabs code: OKK-STN

💰 Reimbursable
(for individuals aged 50–69 years)

Who should be tested?

Women aged 50 to 69 years are recommended to undergo FOBT every two years⁸.

Colonoscopy

💰 Reimbursable
(for individuals aged 50–69 years)

Who should be tested?

Women aged 50 to 69 years are recommended to undergo a colonoscopy every 10 years⁸.

Cervical cancer panel

Pap and HPV test

💰 Reimbursable

Who should be tested?

Women aged 21-29 years: Pap test every three years.¹²
Women aged 30-65 years: Pap test every three years, HPV test every five years, or co-testing (Pap + HPV) every five years.¹²



Hormonal and reproductive health

Fertility and menopause

Fertility problems affect 1 in 6 people¹³ globally. Female fertility **declines around 35** due to **reduced ovarian reserve and oocyte quality¹⁴**. This decline, coupled with trends toward later motherhood, has led to an increase in couples experiencing difficulties conceiving^{14, 15}.

The monthly fecundity rate drops from 25% in women aged 20–30 to below 10% after 35.¹⁴

Menopause usually occurs around the age of 50. The hormonal changes during this transition can lead to various symptoms affecting well-being and may increase the risk of conditions such as cardiovascular disease and osteoporosis.¹⁶

Monitoring hormonal levels through appropriate tests can support informed decision-making throughout the different stages of a woman's reproductive life.

Thyroid function

Thyroid disorders are significantly **more prevalent in women than men**, with women being up to eight times more likely to develop these conditions. In Switzerland, thyroid cancer is nearly **three times more frequent in women than in men**. These can cause menstrual issues, infertility, pregnancy complications, CVD, osteoporosis, and other problems¹⁷.

Thyroid conditions are most **prevalent after pregnancy and menopause**. Symptoms can often overlap with those of menopause, making diagnosis challenging¹⁷.

The **evaluation of thyroid markers** is essential for accurate diagnosis and monitoring.

AMH ovarian reserve test

e-Unilabs code: AMUHOR

⌚ Coverage varies*

Who should be tested?

Women aged 30-40, considering pregnancy and seeking a clearer understanding of their ovarian reserve to make informed reproductive decisions

Female hormone markers

e-Unilabs code: 0027

- FSH
- LH
- Estradiol
- Prolactin

For menstruating women, testing is recommended on the third day of their cycle; for those with absent or irregular cycles, it can be done at any time.

⌚ Coverage varies*

Who should be tested?

Women aged ≥45 experiencing menopause-related symptoms, or women of childbearing age requiring further evaluation of reproductive status

Thyroid markers

e-Unilabs code: BIOZTHY2#

- TSH
- Free T4
- Free T3
- TSH/FT4 Ratio

⌚ Reimbursable

Who should be tested?

Women aged >50 years, or younger women who are pregnant or planning a pregnancy, with a family history of thyroid disease, or with autoimmune diseases¹⁸.



Bone health

Women, especially after menopause, face a higher risk of bone conditions. In Switzerland, approximately 50% of women over the age of 50 will experience a fragility fracture in their remaining lifetime.¹⁰

Osteoporosis is one of the most common, with **1 in 3 women over 50 suffering related fractures**. Most occur without a prior diagnosis, which may lead to disability and long-term problems.¹⁹

Laboratory and radiological tests are crucial to identify risk factors, enabling timely interventions to prevent complications.

Bone markers

e-Unilabs code: BIOZOS2

- Alkaline phosphatase
- Calcium
- Phosphates
- CTX (crosslaps) *Before 10 a.m.*
- 25-OH vitamin D

 Reimbursable

Who should be tested?

Women aged >50 years, or younger individuals with increased fracture risk (e.g., postmenopausal women, patients with osteoporosis, or those undergoing bone disease treatment)²⁰.

Bone density/DEXA scan

 Coverage varies*

Who should be tested?

Women aged >50 years, or younger women with early menopause, previous bone problems, or family history of osteoporosis²⁰.

Skin health

Aging alters the structure and function of the skin, which may lead to increased vulnerability. In addition, UV rays, pollution, poor diet, and other external factors contribute to skin damage, accelerating ageing and a potential increased risk of associated conditions.¹⁰

Specific biomarkers can support skin protection and repair by **enhancing antioxidant response, hydration, and cell regeneration**. Monitoring their levels offers key insights to optimise skin care.¹⁰

Dermoprotection markers

e-Unilabs code: BIOZDERM#

- Beta-carotene
- Biotin (vitamin B7/8 H)
- Coenzyme Q10
- Lycopene

 Coverage varies*

Who should be tested?

Women who wish to optimise skin care and prevent related conditions.

1. swissinfo.ch 2. give.brighamandwomens.org 3. Swiss Society of Cardiology (SGK) and AGLA guidelines. 4. Swiss Medical Board & AGLA, smw.ch 5. ldf.org 6. SGED, guidelines.fmh.ch 7. National Cancer Institute. Cancer of the Colon and Rectum - Cancer Stat Facts [Internet]. SEER; 2023. Available from: <https://seer.cancer.gov/statfacts/html/colorect.htm> 8. Swiss Cancer Screening 9. Swiss Society of Radiology (SGR-SSR) 10. smw.ch 11. Oncosuisse 12. Indication by SGGG 13. 1 in 6 people globally affected by infertility: WHO [Internet]. World Health Organization; 2023. Available from: <https://www.who.int/news/item/04-04-2023-1-in-6-people-globally-affected-by-infertility> 14. George K, Kamath MS. Fertility and age. J Hum Reprod Sci [Internet]. 2010;3(3):121–3. Available from: <https://doi.org/10.4103/0974-1208.74152> 15. Fertility statistics [Internet]. Eurostat; 2024. Available from: https://ec.europa.eu/eurostat/statisticsexplained/index.php?title=Fertility_statistics#Women_in_the_EU_are_becoming_mothers_later_in_life 16. Menopause [Internet]. World Health Organization; 2024. Available from: <https://www.who.int/news-room/fact-sheets/detail/menopause> 17. General Information/Press Room [Internet]. American Thyroid Association; 2024. Available from: <https://www.thyroid.org/media-main/press-room/> 18. Health Technology Assessment (HTA)-BAG2022 19. Epidemiology of osteoporosis and fragility fractures [Internet]. International Osteoporosis Foundation; 2024. Available from: https://www.osteoporosis.foundation/facts-statistics/epidemiology-of-osteoporosis-and-fragility-fractures#ref_bottom_10 20. Swiss Osteoporosis Guidelines.

Tailored diagnostics for women's health

Unilabs provides a wide range of diagnostic services to support women's health, using four key modalities: **clinical laboratory testing, radiology, pathology, and genetics**. Our tailored approach helps healthcare professionals accurately assess common conditions and essential health factors through targeted testing, ensuring personalised and effective patient care.

Benefits of testing

Early and informed intervention
Prevention of complications
Improving well-being and life expectancy

Four ways to diagnose, one way to care

In addition to these tests, at Unilabs we offer other advanced diagnostic tests and the support of an extensive network of specialists to address other key aspects of women's health, such as **prenatal care and pregnancy, sexual health** (e.g., sexually transmitted infections), and **cognitive decline conditions** (e.g., Alzheimer's), among others.

Clinical
laboratory testing



Radiology



Pathology



Genetics



A comprehensive and integrated service to provide the appropriate health care and guidance throughout the different stages of a woman's life.

Unilabs Schweiz

customer.service.info.d-ch@unilabs.com
+41 (0)58 864 58 58

Visit us at
unilabs.ch

