

# Women's Health

## Caring for You

No matter your age, it's important to find a primary care provider who can address your health needs.

20's—30's

- Schedule regular wellness visits with your primary care provider
- Share your personal and family history
- Discuss how often you should be seen and your plan for good health
- Identify and stick to healthy choices
- Learn self-care for physical and emotional health
- Surround yourself with good relationships

### Common Health Topics

- Family planning, pregnancy or trouble getting pregnant
- Healthy weight maintenance
- Immunizations such as flu shots
- Preventing bone loss
- Problems with periods
- Sexual health
- Stress, depression and anxiety

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### At home

- Breast Care**  
Be aware of how your breasts look and feel
- Skin Check**  
Look for any new or changed moles or marks
- Emotional Check**  
Pay attention to feelings of sadness or hopelessness

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### With your provider

Have regular wellness visits and:

- Cervical cancer screening every three years starting at age 21 and every five years after age 30
- Cholesterol screening once between the ages of 21 to 29 and every five years between 30-44
- Immunizations

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### Based on your risk factors

- HIV testing
- Mammography
- Screening for skin cancer
- Screening for diabetes
- Screening for hepatitis B and C
- Sexually transmitted disease screening

- Schedule regular wellness visits with your primary care provider
- Add weight training to your workouts to maintain your muscle and bone mass and help prevent osteoporosis
- Make time to care for yourself. Even 10 minutes a day can help relieve stress
- Surround yourself with those who care for you and your health

### Common Health Topics

- Cancer prevention
- Depression and anxiety
- Diabetes
- Heart disease and stroke
- High blood pressure
- Immunizations
- Menopause
- Obesity
- Osteoporosis
- Sexual health



#### At home

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Be aware of how your breasts look and feel
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- Emotional Check**  
Pay attention to feelings of sadness or hopelessness



#### With your provider

Have regular wellness visits and:

- Cholesterol screenings every five years until age 44 and annually starting at age 45
- Annual mammogram
- Colorectal cancer screenings starting at age 45. Have either a stool test every one to three years or a colonoscopy every 10 years
- Cervical cancer screening every five years
- Immunizations



#### Based on your risk factors

- HIV testing
- Screening for skin cancer
- Screening for lung cancer
- Screening for diabetes
- Screening for hepatitis B and C
- Sexually transmitted disease screening

- Schedule regular wellness visits with your primary care provider
- As your body ages, consider new routines to keep yourself moving
- Sleep patterns may change as you get older. Your goal should still be seven to nine hours each night
- Maintain a healthy weight to prevent several diseases
- Stay active and engaged as life changes. Try learning new skills and participating in social activities

### Common Health Topics

- Cancer screening
- Depression and anxiety
- Diabetes
- Heart disease and stroke
- High blood pressure
- Immunizations
- Obesity
- Osteoporosis
- Sexual health



#### At home

- Breast Care**  
Be aware of how your breasts look and feel
- Skin Check**  
Look for any new or changed moles or marks
- Emotional Check**  
Pay attention to feelings of sadness or hopelessness



#### With your provider

Have regular wellness visits and:

- Annual cholesterol screening
- Cervical cancer screening every five years through age 65
- Annual mammogram
- Colorectal cancer screenings - either a stool test every one to three years or a colonoscopy every 10 years
- Immunizations



#### Based on your risk factors

- Bone mineral density screening
- HIV testing
- Skin cancer screenings
- Lung cancer screenings
- Screening for hepatitis B and C
- Sexually transmitted disease screening