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

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

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

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:
- 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

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

- **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:

- 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

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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

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