

Physical-Women's Health

What is it?

- **Physical- Women's Health**– your health care provider should know who you are and what problems you have; after age 18 every women should have a yearly physical; your physician should be familiar with your family medical history, your lifestyle and your overall health



- **What to expect from your health care provider**- review your file so he or she is familiar with your case, know who you are, what problems you have been treated for in the past, should, your medications, should return your phone calls, be there during a crisis
- **Ages 18 to 21**- should have a **complete blood lipid profile**, repeat every 5 years if normal; if at risk for CAD/Coronary Artery Disease due to family history, smoking, obesity, etc... it should be redone every 2 years; if take oral contraceptives redo annually; a **pap test and pelvic exam** should be done annually
- **Ages 35-39**- should have a baseline mammogram, if normal do every 2 years, if a family history of breast cancer may need more often
- **Ages 40 to 49**- EKG/electrocardiogram every year, mammogram every 2 years, a pap smear and a pelvic exam yearly, blood lipid profile yearly
- **Age 50 and Older**- mammogram, lipid profile, EKG and physical annually
- **HPV**- increases 15 percent with each new sexual partner
- **Cervical Cancer**- greatest risk is not having a pap smear



What can I do?

- **See your Health Care Provider**- for more information
 - **Always Visit your Health Care Provider if**- bleeding after sexual intercourse, bleeding between periods, any unusual or persistent vaginal discharge, pelvic pain or menstrual cramps sever enough to disrupt your daily routine for a few days monthly, abnormal bleeding, if a change in your breasts as dimpling, puckering, size, shape or a increase in breast pain or discomfort
- **See a Registered Dietitian**- for help as needed for weight loss, gain or healthier eating habits

