

# LIFESTYLE

## LESSONS



## Preventive Health Care for Women

Women are particularly at risk of developing problems in their reproductive organs. That's why it's important to make efforts to reduce your risks by engaging in regular screenings, examinations and tests to detect problems early on. Read on for some preventive care recommendations.



- **Mammograms**—Women age 45 to 54 should have a mammogram every year and women age 55 and older should have a mammogram every year or two.
- **Pap smears**—Women should have their first Pap smear at age 21 and continue to have one every three years. Women age 30 and over who have had three Pap smears in a row should have one every three to five years.
- **Pelvic exams**—Women who have been sexually active should have a pelvic exam every one to three years after having three consecutive normal exams to detect signs of illness.
- **Cholesterol screenings**—Women should have a cholesterol test every five years after age 20.
- **Bone density tests**—Women over age 65 should have routine bone density tests to detect the risk of developing osteoporosis. This disease makes the bones more fragile and likely to break.
- **Blood pressure tests**—Women age 18 to 40 should have their blood pressure taken at least once every two to five years to detect early signs of hypertension (high blood pressure). Women age 40 and older should have a blood pressure test once every year.
- **Colorectal cancer screenings**—Women should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after age 50.



### Healthy Hints

If you have a family history of any serious health complications, be sure to speak with your doctor. You may need to have more frequent screenings or begin screening earlier.

It is also wise for women who are thinking about trying to conceive to visit their physician for a full checkup. At this time, the doctor can address any health concerns that may inhibit conception or may pose dangers to a baby during pregnancy or birth.

For additional lifestyle and well-being guidance, contact us today.