

Women's Health Guide

What to do, When to do it & Why.

The most important thing women can do is take control of their health and be their own health advocate. Work in partnership with your doctors, research your family medical history and **PAY ATTENTION TO YOUR BODY.** You know when you feel healthy; note changes in your overall health and discuss them with your doctor. Don't assume "it's nothing." Ask questions and do your research.

Name: _____
 Doctor: _____
 Doctor: _____
 Doctor: _____
 Allergies: _____
 Medications: _____



In the 30s, it's about remembering to pay attention to your own health. Life is hectic with a booming career and/or raising a family. It's a juggling act, and the person often forgotten is you. Don't put off your annual checkup. Also, before menopause, you need about 1,000 mg of calcium per day. After menopause, you need 1,000 mg of calcium per day if you're taking estrogen and 1,500 mg of calcium per day if you're not taking estrogen. (Remember your monthly breast self exams)

Age 30s

Other Tests/Results

- ✓ WHAT YOU NEED**
- Cholesterol/Lipid Panel
 - Tetanus Booster (every 10 years)
 - Blood Pressure Check (heart/kidney disease, stroke)
 - Eye Exam w/Eye Dilation (glaucoma & cataracts)
 - Complete Skin Exam (every 3 years)
 - Flu Immunization (annually)

	31	32	33	34	35	36	37	38	39
<input type="checkbox"/> Pap Smear (Every 3 Years) (If last 3 were normal)			<input type="radio"/>			<input type="radio"/>			<input type="radio"/>
<input type="checkbox"/> Annual Checkup w/Breast & Pelvic Exam (Looking for breast abnormalities or areas that may be cancerous)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Cholesterol/Lipid Panel (Every 3 Years) (Screening for high cholesterol, which increases the risk of heart attack and stroke)			<input type="radio"/>			<input type="radio"/>			<input type="radio"/>
<input type="checkbox"/> Annual Blood Pressure Check (Looking for signs of hypertension, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="checkbox"/> Thyroid Screening (Start at 35 and repeat every 3-5 years) (Looking for hormone abnormalities)					<input type="radio"/>			<input type="radio"/>	

Note: Testing may need to be more frequent if abnormalities are found.

My health notes-

Prior to scheduling an appointment, check with your insurance company to verify coverage