



- Healthy Basics**
- » Don't put off regular check ups
 - » Quit smoking
 - » Eat healthy
 - » Be active
 - » Use alcohol in moderation or not at all



- » Vaccinations
- » Check-ups
- » Routine Tests and Exams

When you think of preventive care, you should consider:

Keep up your immunizations. Shots are not just for kids. You need booster shots for tetanus and diphtheria every 10 years, and you may want to be immunized for pneumonia. If you've never had chicken pox, the shingles vaccine is available. Discuss any other vaccinations with your doctor.

Advise you on lifestyle changes which may decrease your risk. The majority of cancers are preventable, and heart disease often is, too. You and your doctor can look at lifestyle changes that can keep you healthy into old age.

Evaluate your personal risk factors for common diseases. You and your doctor should discuss your health history and also that of your family; looking for diseases and mental health issues that you may be at risk for. The American Medical Association recommends that you collect health information from your relatives at least as far back as your grandparents, including aunts and uncles, parents, brothers and sisters, nieces and nephews, and your children. Note any illnesses or health conditions, age at diagnosis, and age at death of deceased relatives. Share this with your doctor—it will give him/her a good picture of any health risks you may have inherited.

Taking Care of Your Body and Mind

You're busy, you feel fine, and truthfully, you don't like going to the doctor. So why schedule a visit? With regular visits, good communication, and the right information, your primary care physician can:

Take sure you receive the proper screening tests to detect problems early. More than half of all new cancer cases are types which can be detected in regular screening examinations by health care professionals—cancers of the breast, tongue, mouth, colon, rectum, cervix, prostate, testes, and skin can all be discovered early, when they're easier to treat.

Health Check Ups

In addition to visiting your doctor when you feel ill or have an injury, regular check ups allow your doctor to monitor your diagnostics such as blood pressure, heart rate and weight, as well as your mental health. This allows them to create a treatment plan to bring health values and mood back to healthy levels.



Why Preventive Care?

Take charge of your most valuable asset—your health! Many conditions can be reversed and cancers have high survival rates if found early. That's what makes prevention and overall awareness critically important.

Seven out of ten U.S. deaths are attributed to conditions related to chronic disease. Research shows that 50% of the U.S population have a chronic illness such as heart disease, cancer, diabetes or other conditions that are classified as preventable. Screening and prevention are key and should be an important part of your health and wellness plan. What we know is:

- » Routine cardiovascular exams save more than ten thousand adult lives each year
- » Vaccinations save about 4,200 children annually
- » Life expectancy is increased with preventive care

Source: CDC, Healthy People 2020



For More Information

U.S. Development of Health and Human Services, Office on Women's Health
www.womenshealth.gov



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Preventive Health for Women



Women's Health

Recommendations for health screenings change frequently as more and more is learned about overall good health. If you have any questions about the type of screenings that you should get, check with your health care provider or visit www.ahrq.gov.

Women have unique health issues. And some of the health issues that affect both men and women can affect women differently.

Unique issues include pregnancy, menopause, and conditions of the female organs. Women can have a healthy pregnancy by getting early and regular prenatal care. They should also get recommended breast cancer, cervical cancer and bone density screenings.

Women and men also have many of the same health problems. But these problems can affect women differently. For example:

- » Women are more likely to die following a heart attack than men
- » Women are more likely to show signs of depression and anxiety than men
- » The effects of sexually transmitted diseases can be more serious in women
- » Osteoarthritis affects more women than men
- » Women are more likely to have urinary tract problems

Unique conditions and issues specific to women:

- » Gynecological health, disorders and cancers
- » Pregnancy issues and disorders related to infertility
- » Osteoporosis
- » Violence against women
- » Menopause

Source: USDHHS and NIH

TEST	GENDER	AGE	FREQUENCY
Physical Exam and Blood Tests/CBC/Urinalysis	♂ ♀	20-39 40-49 50+	Every 3 years Every 2 years Every year
Dental Exam	♂ ♀	All ages	Every 6-12 months
Eye Exam	♂ ♀	All ages	Every year
Rectal Exam	♂ ♀	All ages	Every year
Blood Pressure	♂ ♀	All ages	Every year
Self Exams (skin, oral, breast/testicular - men only)	♂ ♀	All ages	Monthly
Mammogram/Clinical Breast Exam	♀	40 & over	Every year
Reproductive Health	♀	18 & over	Every 1-3 year, after 3 consecutive normal tests
Sigmoidoscopy	♂ ♀	Over 50	Every 3-5 years
Stool Blood Test	♂ ♀	Over 40	Every year
EKG/Electrocardiogram	♂ ♀	40-49 yrs 50+	Every 2 years Every year
Prostate-Specific Antigen (PSA)	♂	50 & older	Every year
Bone Health	♂ ♀	60 or older	Every 2 years
Skin Cancer Check	♂ ♀	All ages	Every 3 years
Immunizations	♂ ♀	All ages	Check with physician for schedule

The guidelines in the schedule serve as a reminder of your need to take responsibility for your health. Members of high risk groups or that have a family history of disease, should consult with their healthcare provider about their specific recommendations.

BREAST CANCER

Early Detection Is Key

Breast cancer is the second most common type of cancer for women, afflicting about one out of every 10 women. It occurs most often in women over 50 years old. The good news is that it is nearly completely curable if found and treated in its earliest stages.

- » Women discover 80% of breast lumps themselves. Most are not cancerous.
- » Mammograms can detect tumors up to two years before they are found in physical exams.

Risk Factors

- » A family history of breast cancer
- » Started menstruating before age 12
- » You are over the age of 30 and have never given birth to a child
- » You consume alcohol excessively
- » You had menopause after age 55

Prevention and Early Detection

A mammogram is an X-ray of the breast that helps your doctor detect cancer in its earliest stages when a lump is

too small to be felt during a normal breast self-exam. A "baseline" mammogram at age 35 provides your doctor with an image of your cancer-free breast to compare with future mammograms to identify changes. Women over 40 should have a mammogram every year.

Breast self-exams should be performed monthly for women 20 and over. Professional breast exams should be done every three years up to age 40, then every year at the same time as the mammogram.

Lifestyle Prevention: Reduce your risk of breast cancer with a healthy lifestyle.

- » Limit intake of alcoholic beverages to one drink a day at most
- » Eat a diet rich in fruits and vegetables
- » Be physically active
- » Maintain a healthy weight

CERVICAL CANCER

Pap Tests Save Lives

In the fight against cervical cancer, the Pap test has been a lifesaver. Infection with the sexually transmitted virus human papillomavirus (HPV) is thought to cause nearly all cases.

The death rate from cervical cancer has dropped 70% since the Pap test was introduced in the 1940s.

When found and treated early, cervical cancer can be cured in almost 100% of cases.

Risk Factors

- » Sexual activity at an early age
- » Multiple sexual partners
- » Multiple pregnancies
- » History of herpes, genital warts, or other sexually transmitted diseases
- » Your mother took the drug DES while pregnant with you

Prevention and Early Detection

Pap tests are done in the doctor's office as the woman lies on the exam table. The procedure is painless and quick. The doctor takes a sample of cells from the cervix with a wooden scraper. The cells are sent to a lab where they're examined for abnormality. Women should have an annual Pap test and pelvic examination starting at age 18—or earlier if they are sexually active.