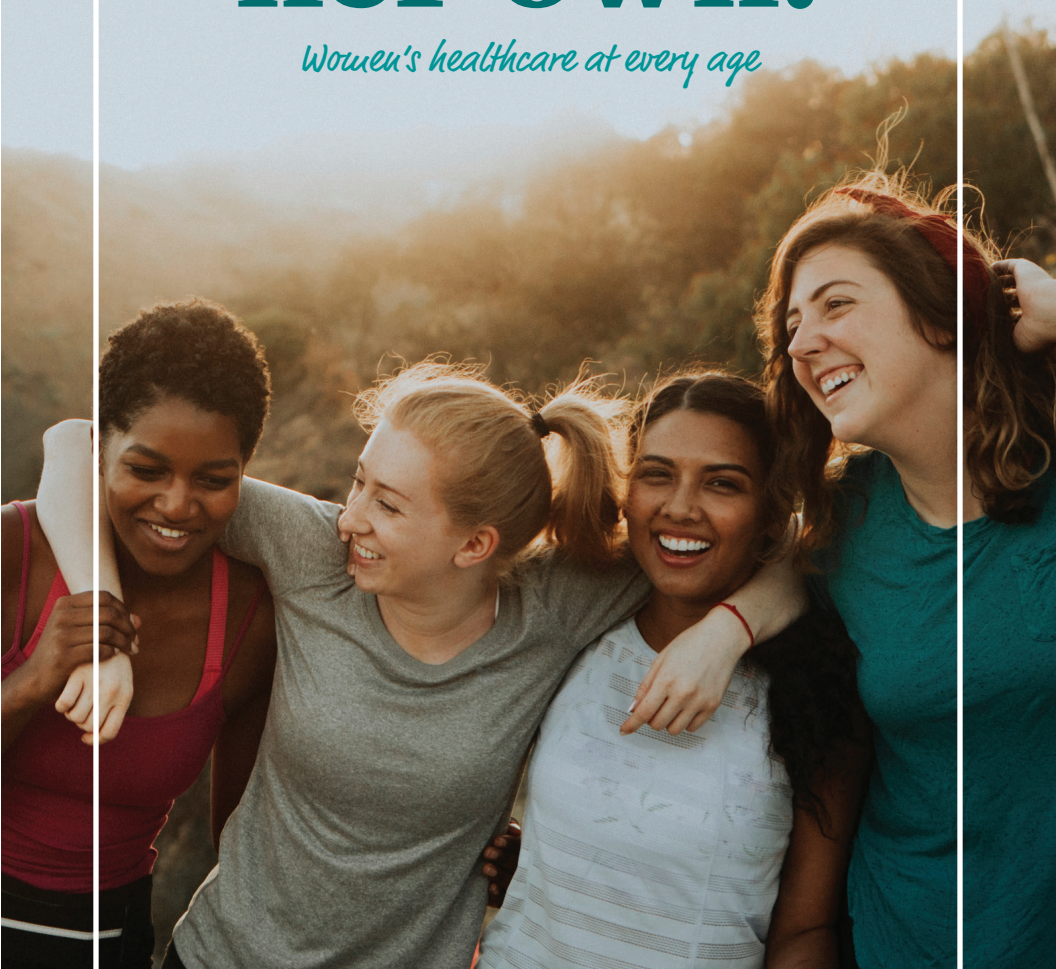


To each, her own.

Women's healthcare at every age



Atrium Health
Wake Forest Baptist

In your 20s...

You're so busy exploring life as a young adult and being independent, healthcare is probably the last thing on your mind. Luckily, most women in their 20s don't need much more to stay healthy than a balanced diet, exercise, sleep, sunscreen and yearly doctor's visits. Now's the perfect time to establish good health habits, starting with finding an OB/GYN if you don't have one already.

Women's health checklist

MONTHLY

- o Self-breast exam

YEARLY

Yearly well-woman visit that includes:

- o Blood test
- o Clinical breast exam
- o HPV vaccine, if not completed
- o STD/STI screening, if you're sexually active

EVERY 2 TO 3 YEARS

- o Pap smear
- o Pelvic exam

START TALKING TO YOUR OB/GYN ABOUT

- o Birth control or family planning
- o Irregular periods
- o Mental health

Health concerns

Be aware of health issues some women start facing in their 20s:

- o Human papillomavirus (HPV)
- o Ovarian cysts
- o Vaginal infections



In your 30s...

Your 20s were a blur, but now that you're in your 30s, you've got things a little more figured out. Sure, you're still finding your way. But whether it's your go-to coffee order or who you surround yourself with, you know the value of putting yourself first. Whatever's next, you've got the freedom to make your 30s look however you want. As you're juggling your career, social life and family, don't forget to make sure healthcare is part of your self-care.

Women's health checklist

DAILY

- o Calcium – for bone strength
- o Folic acid – if you're pregnant or trying to conceive

MONTHLY

- o Self-breast exam

YEARLY

Yearly well-woman visit that includes:

- o Blood test
- o Clinical breast exam
- o HPV vaccine, if not completed
- o STD/STI screening, if you're sexually active

EVERY 2 YEARS

- o Blood sugar test
- o Cholesterol test
- o Pap smear
- o Pelvic exam

IF NEEDED

- o Fertility testing
- o Genetic testing
- o Mammogram

START TALKING TO YOUR OB/GYN ABOUT

- o Birth control or family planning
- o Family health history
- o Mental health

Health concerns

Be aware of health issues some women start facing in their 30s:

- o Breast and cervical cancers
- o Diabetes during pregnancy
- o Endometriosis
- o Ovarian cysts



In your 40s...

People say the 40s are the new 20s and for good reason. You thought you knew so much in your 20s, but you know so much more now – and are stronger and more confident than ever. Life. Career. Family and friends. You're balancing a lot, but are you remembering to make time to take care of yourself? Once you're in your 40s, keeping up with doctor's visits is more important than ever.

Women's health checklist

DAILY

- o Calcium – for bone strength
- o Folic acid – shown to reduce menopause side effects

MONTHLY

- o Self-breast exam

YEARLY

Yearly well-woman visit that includes:

- o Blood pressure screening
- o Blood test
- o Clinical breast exam
- o Mammogram
- o STD/STI screening, if you're sexually active

EVERY 2+ YEARS

- o Blood sugar and cholesterol tests
- o Pap smear
- o Pelvic exam
- o Thyroid check, starting between ages 45 and 55

EVERY 10 YEARS

- o Colonoscopy, starting at age 45

START TALKING TO YOUR OB/GYN ABOUT

- o Changes to your vulva and vagina
- o Menopause symptoms and hormone changes
- o Mental health
- o Ovarian screening
- o Sexual concerns

Health concerns

Be aware of health issues some women start facing in their 40s:

- o Breast and cervical cancers
- o Menopause
- o Sexual dysfunction



Starting in your 50s...

Young at heart? Please. You're young, period. You love yourself more and care what others think less. You've got a pretty good idea of how life works, and though you're still learning, you know what matters and what doesn't. There might be changes to life along the way, but each year seems to get sweeter and sweeter. If the last couple decades have taught you anything, it's how valuable it is to make time for yourself – and your health.

Women's health checklist

DAILY

- o Calcium – for bone strength
- o Folic acid – shown to reduce menopause side effects
- o Low-dose aspirin – to lower your risk of heart attack and stroke

MONTHLY

- o Self-breast exam

YEARLY

Yearly well-woman visit that includes:

- o Blood pressure screening
- o Blood test
- o Clinical breast exam
- o Mammogram
- o STD/STI screening, if you're sexually active

EVERY 2+ YEARS

- o Blood sugar and cholesterol tests
- o Pap smear
- o Pelvic exam
- o Thyroid check

EVERY 10 YEARS

- o Colonoscopy

START TALKING TO YOUR OB/GYN ABOUT

- o Loss of bladder control
- o Menopause and hormonal changes
- o Mental health
- o Pelvic pain

Health concerns

Be aware of health issues some women start facing in their 50s:

- o Bone loss
- o Breast, cervical and ovarian cancers
- o Overactive bladder
- o Pelvic disorders



Find an OB/GYN near you.
Check it off your list at
WakeHealth.edu/WomensHealth



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