

WOMEN'S HEALTH

Providing comprehensive care
for every stage of life

HEALTH CHECKLIST AT EVERY AGE:

It is important to take care of your health, and that starts with understanding your health risks and recommended screenings at each stage of your life. With the guidelines constantly changing and varying opinions, it can be tricky to keep track! Annual exams and testing can save your life whether you are 21 or 65.

Know Your History

Find out what health conditions run in both sides of your family. Share your personal and family history with your physician to help determine your risk level for particular conditions or disease.

Get A Yearly Physical

No matter your age, it is important to find a primary care physician who fits your needs and schedule an annual check-up.

Maintain a Healthy Weight

Keeping off excess weight through healthy eating and regular exercise can safeguard you from developing long-term health issues.

- Primary Care
- OB/GYN
- Endocrinology
- Mental Health
- Urology
- Dermatology
- Cardiology
- Rheumatology

 **MONUMENT HEALTH**



For more information, scan this QR code
with your smartphone or go to
www.monument.health/womenshealth



20
39

YOUR HEALTH: FROM 20-39

Young adulthood can be a fun time in your life, and most people are at their physical peak. Now is the time to lay the foundation for healthy habits.

SCREENINGS

MONTHLY:

- **Self breast exam**

ANNUALLY:

- **Yearly physical:**
 - Clinical breast exam
 - Blood pressure check
 - Blood test
- **Vision Screening**
- **STD screening**
(If sexually active)

EVERY 2-5 YEARS:

- **Pelvic exam, pap smear**

EVERY 5 YEARS:

- **Blood sugar test**
- **Cholesterol test**

IF NEEDED:

- **Skin check**
Have new or changed moles or marks examined.
- **Fertility testing**
Tell your doctor when you start trying to conceive.
- **Mammogram/
genetic counseling**
Talk to your doctor about your family history.

HEALTH TOPICS

IN YOUR 20s:

- Menstrual issues
- Sexually transmitted diseases
- Contraception
- Pregnancy

IN YOUR 30s:

- Reproductive difficulties
- Skin care and maintenance
- Bone loss prevention
- Managing stress
- Keeping a healthy weight

HEALTH RISKS

IN YOUR 20s:

- Melanoma
- Human Papillomavirus (HPV)
- High Cholesterol

IN YOUR 30s:

- Cervical cancer
- Breast cancer
- Type 2 diabetes

LIFESTYLE TIPS:

- Find a doctor you love.
- Avoid or stop smoking.
- Minimize drinking alcohol.
- Eat a healthy, balanced diet.
- Ramp up your skin care routine.
- Practice good sleeping habits.
- Find outlets for stress relief.