

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



40
49

YOUR HEALTH: FROM 40-49

Turning 40 is a major milestone and often a time of transition in life. One change that is inevitable is the transition towards menopause. You can experience a number of changes for a full decade before your menstrual cycle finally stops. Every part of your body is affected, from your appearance to the health of your heart and bones.

SCREENINGS

MONTHLY:

- **Self breast exam**

ANNUALLY:

- **Yearly physical:**
 - Clinical breast exam
 - Blood pressure check
 - Blood test
 - Cholesterol testing
- **Mammogram**
- **Eye disease screening**

EVERY 3-5 YEARS:

- **Pelvic exam, pap smear**

EVERY 5 YEARS (OR MORE IF RECOMMENDED):

- **Blood sugar testing**
(Annually if overweight or high risk)

TALK TO YOUR PHYSICIAN:

- **Menopause symptoms**
Talk to your primary care doctor or gynecologist about relief options.
- **Ovarian screening**
For post-menopausal/high-risk women.

HEALTH TOPICS

UNDERSTANDING PERIMENOPAUSE:

Perimenopause, or the menopause transition, begins with changes in a woman's menstrual cycle and other menopause symptoms. The menopause transition can last 10 years or more in some women.

Symptoms:

- Hot flashes
- Breast tenderness
- Lower sex drive
- Fatigue
- Irregular periods
- Vaginal dryness
- Urinary urgency & leakage
- Mood swings
- Trouble sleeping

HEALTH RISKS

- Heart disease
- Breast cancer
- Ovarian cancer

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LIFESTYLE TIPS:

- Add weight training to your workouts to prevent losing muscle mass and osteoporosis.
- Limit your alcohol consumption to 1-2 drinks a week to decrease your risk of breast cancer.