

# Women's Preventive Care Through the Ages

May is National Women's Health Month and is a great time to encourage women in your life to make their health a priority. Whether you are a woman or not, prioritizing your health has never been more important. Take this opportunity to reflect on your individual health needs and take steps to improve your overall health.

Proper preventive care can lower your risk of illness and help you maintain a healthy lifestyle. Let's dive into the preventive visits that may be appropriate based on different ages.

## IN YOUR 20s & 30s



### Frequency

Visit your personal doctor or gynecologist every year to review your overall health, lifestyle and plans for future health goals.



### Tests Needed

Review any needed immunizations with your doctor as well as the need for cervical cancer, breast cancer and STI screenings.



### Questions to Ask

Review any physical or mental health concerns with your doctor.

## IN YOUR 40s



### Frequency

Yearly visits with your physician, including an annual clinic breast exam. Discuss need of mammograms or colonoscopies based on family history or concerning symptoms.



### Tests Needed

Review any needed immunizations with your doctor. You may receive necessary blood work like a cholesterol panel.



### Questions to Ask

Discuss any changes with your mental or physical health, for example changes in digestion, mental health or skin.

## IN YOUR 50s & 60s



### Frequency

Discuss frequency with your personal doctor and need for colonoscopy, mammograms or immunizations especially, shingles, flu or pneumonia.



### Tests Needed

Consider an osteoporosis screening to check your bone density.



### Questions to Ask

Discuss any changes with mental or physical health. Consider having your hearing or vision tested.

## TIPS FOR All Ages



- > Eat a well-balanced diet.
- > Don't smoke.
- > Receive annual dental, eye and skin exams.
- > Protect and monitor skin changes.

## Did you know?

**2 out of every 3 caregivers** in the United States are women - they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities.

Women who are caregivers have a greater risk for poor physical and mental health. Protect your health by identifying the care you or a loved one may need!