

## WELLNESS

Education on prevention and proactive advice to keep you and your loved ones well.

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## Women and Wellness

🕒 May 12, 2016 ✎ Kari Navis

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### Women and Wellness



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This week is National Women's Health Week, and at Network Health, we believe all women should be aware of the health issues they face at every age. Our bodies change over time, and with them, our health care needs evolve. It's important to take advantage of preventive services like immunizations and screenings to help you identify diseases or medical problems before you show symptoms.

**Here are some topics to discuss with your doctor (or your child's doctor) at your next annual appointment. For a full list of preventive care guidelines, visit [networkhealth.com](http://networkhealth.com)**

**([https://networkhealth.com/\\_files/pdf/Miscellaneous/preventive\\_services.pdf](https://networkhealth.com/_files/pdf/Miscellaneous/preventive_services.pdf)), or**

**[NetworkHealthMedicare.com](http://NetworkHealthMedicare.com)**

**(<https://networkhealthmedicare.com/members/PreventiveHealthChecklist.pdf>) if you're 65 or older.**

### **Ages Newborn-8**

- **Well-Child Visits**

To help your child live a healthy life, well-child visits are recommended beginning just days after your newborn is discharged and at 2, 4, 6, 9, 12, 15, 18, 24 and 30 months. They're also offered up to one visit every 12 months from ages 3 to 17.

- **Immunizations**

- Immunizations for preventable diseases are recommended for children starting before they even leave the hospital and can provide lifelong protection against serious diseases like hepatitis B, pneumonia, polio and a host of other life-threatening conditions.

### **Ages 9-17**

- **Human Papillomavirus (HPV) Vaccine**

Getting the HPV vaccine is one of the most important ways you can prevent cervical cancer in women. Girls can get the three vaccines between ages 9-13. Women can get the HPV vaccine through age 26, although it's most effective during the preteen years.

- **Body Mass Index (BMI), Nutrition and Physical Activity**

The Centers for Disease Control and Prevention (CDC) estimates that childhood obesity has more than quadrupled in adolescents in the past 30 years. Healthy eating is important to growth and development, and studies show that participation in all types of physical activity declines sharply as young women progress through their teen years.

- **Alcohol and Tobacco Use**

Although underage drinking is illegal, CDC research shows 35 percent of high school students admit they have consumed alcohol in the last 30 days. Nearly 9 out of 10 cigarette smokers first tried smoking by age 18. Talk to your child about how dangerous and addictive smoking and alcohol can be.

### **Ages 18-24**

- **Well-Woman Visits**

A wellness/physical exam is recommended each year (or at the discretion of your doctor) for women ages 18 and over. Many of the topics below may be addressed during this visit, as they become relevant to you.

- **Sexually Transmitted Infection (STI) Screenings to Prevent Infertility**

STIs like chlamydia are increasingly common and pose a significant risk to a woman's future fertility and long-term health. All sexually active women age 24 and under should discuss STI screenings with their doctor.

- **Pap Test**

Pap tests (cervical dysplasia/cancer screening) should begin at the start of sexual activity or at age 21, whichever comes first. For women ages 30 and older, screening is recommended every three years until the age of 65.

### **Ages 25-39**

- **Blood Pressure**

Knowing your blood pressure is one of the simplest ways you can track your health, because screenings can be done during an annual physical exam. If your blood pressure is above or below normal ranges, discuss the results with your doctor.

- **Cholesterol Test (Lipoprotein Profile)**

A fasting test measuring your total cholesterol, LDL, HDL and triglycerides is recommended once every five years, or at doctor's discretion.

- **Human Papillomavirus (HPV) Testing**

HPV testing is recommended every three years for women starting at age 30, regardless of Pap test results. Certain types of HPV can indicate an increased risk for cervical and other forms of cancer.

### **Ages 40-49**

- **Mammogram (Breast Cancer Screening)**

Starting at age 40, women should have a mammogram every one to two years. Second only to skin cancer, breast cancer is the second most common cancer in women. If you experience any of these symptoms of breast cancer, consult with your doctor.

- A lump or pain in the breast
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin

### **Ages 50-64**

- **Colon Cancer Screenings**

Colorectal cancer is another common type of cancer among women. Beginning at age 50, women should be screened for colorectal cancers using one of the following methods.

- Fecal occult blood test (stool tested for hidden blood)
- Flexible sigmoidoscopy (lighted tube placed in rectum that allows the doctor to see the lower bowel) – every five years
- Colonoscopy (lighted tube placed in rectum that allows the doctor to see the large bowel) – every 10 years

## Ages 65+

- **Annual Wellness Visits and Routine Physicals**

When you first turn 65 and annually thereafter, you can see your doctor for both an annual wellness visit and a routine physical. Some doctors will conduct both visits in one appointment, but be sure to specify when scheduling.

- **Osteoporosis Screening**

Women 65 and older should be screened for osteoporosis every 24 months (more often, if medically necessary). A bone mass measurement detects changes in your bone mineral density, helping prevent further deterioration and potential fractures.

If you're behind in scheduling these routine preventive care appointments and screenings, make your health a priority. Celebrate Women's Health Week by scheduling an appointment and sharing these tips with other women in your life.

*Your health plan typically covers various preventive health doctor visits, tests, shots, and screenings to help you stay healthy and avoid getting sick. Your cost will depend on the type of coverage you have with your employer. See your Health Plan Document for specifics.*

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## Discussion

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What to Consider When Choosing a Doctor (<http://copilotwi.com/life/what-to-consider-when-choosing-a-doctor/>)

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*LETS CONNECT*

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