



Women's Health Checklist

Bring this checklist to your next PCP visit.

Breast Cancer: Have a mammogram every 1 to 2 years.

Cervical Cancer: Have a Pap smear every year.

Colorectal Cancer: Have a test for colorectal cancer. Your doctor can help you decide which test is right for you.

Depression. Your emotional health is as important as your physical health. Talk to your PCP about being screened for depression especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

Diabetes: Have a blood test for diabetes if you have high blood pressure.

High Blood Pressure: Starting at age 18, have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

High Cholesterol: Have your cholesterol checked regularly.

Obesity: Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>.

Osteoporosis (Bone Thinning). Have a bone density test at age 65 to screen for osteoporosis. If you are younger than 65, talk to your doctor about whether you should be tested. You may need to have this test again after 2 or more years.

Sexually Transmitted Infections. You should be tested annually for sexually transmitted infections.



It's Your Body!

You know your body better than anyone else. Always tell your Primary Care Provider about any changes in your health, including your vision and hearing. Ask them about being checked for any condition you are concerned about, not just the ones here. If you are wondering about other diseases, ask about them.