



Routine Health Care for Women

Valley Family Physicians

How often do I need a routine check-up?

The following guidelines pertain to healthy individuals. If you have an ongoing health condition, you should see your health care provider more often.

At your yearly exam:

- Check blood pressure.
- Have skin examined for suspicious moles/skin cancers.
- Measure height and weight.
- Breast exam.
- Pap test (If your pap tests are regularly normal ask your health care provider if you qualify to have a pap test every 3 years instead of annually.)

Additional screening for women:

- Mammogram (Women over 40 should have a mammogram yearly. Tell your health care provider if breast cancer runs in your family, as you may require screening at an earlier age.)
- Blood sugar check (if you have risk factors for diabetes.)
- Cholesterol check (Every 1-5 years depending on your risk factors for cardiovascular disease.)
- Osteoporosis screening beginning at age 65. (You may require screening at an earlier age if you have certain risk factors.)
- Screening for colon cancer beginning at age 50.
- Fecal occult blood test annually.
- Colonoscopy every 10 years. (Tell your health care provider if colon cancer runs in your family. You may require screening at an earlier age.)

Vaccinations:

- Tetanus booster every 10 years.
- Flu shot yearly.
- Pneumonia shot at age 65 years

Other ways to stay healthy:

- Eat a healthy diet consisting of fresh fruit and vegetables, whole grains, and lean meats. Try to limit your intake of fatty foods and sweets. Drink 8 glasses of water each day.
- Physical activity is a great way to help you maintain a healthy weight and stay in shaped. Try to do 30 minutes of cardiovascular exercise every day and 3 days of weight/resistance training per week.
- If you are sexually active ask your health care provider about testing for sexually transmitted infections. Always use condoms to help-protect yourself.
- Limit your alcohol intake to no more than one drink per day.
- Don't smoke or chew tobacco. If you already smoke ask your health care provider for aids to help you quit.
- Visit your dentist every 6 months to a year.
- Visit your eye doctor annually.