

Preventive Health Maintenance and Risk Reduction Ages 19-39

THE BASIC WELL WOMAN EXAM

Breast exam, pelvic exam and pap smear

Pap smear should be done yearly starting at age 21. Pelvic exam is not always needed before age 21. When you are sexually active you are at risk for abnormal pap smears, pregnancy and sexually transmitted diseases. Testing for the sexually transmitted diseases Chlamydia and Gonorrhea should be done yearly if you are sexually active and have had a new partner since your last exam. Please request these tests if you are concerned. We have free brochures on request about the Pap test, preventing pregnancy and STDs.

GARDASIL VACCINE

We highly recommend this vaccine for ALL females. Gardasil prevents 80% of cervical cancer and 60 % of genital warts. These diseases are caused by viruses called HPV. You will be much less likely to have an abnormal pap test when you have had Gardasil. You can get Gardasil at our office.

Recommended laboratory testing

Dipstick urinalysis (ask for a micro urine if you think you might have a urinary tract infection).

Hemoglobin

Cholesterol-every 5 years if last value was under 200. Fasting values are more accurate.

Fasting blood glucose-if you have the following risk factors: obesity, high blood pressure, relative with diabetes, have had a baby weighing more than 9 pounds, have had gestational diabetes, are a member of the following ethnic groups: African American, Hispanic, Native American, Asian, Pacific Islander.

TSH at age 35 to screen for thyroid disease

If you have blood or urine tests done at another office please let us know so that we do not waste your money on tests that are not needed.

I advise a **baseline mammogram** at age 35 for women with no risk factors. If you have risk factors please discuss them with us.

PLANNING FOR PREGNANCY

If you are planning a pregnancy, please make an appointment to discuss any family history of birth defects or any significant health problems that you may have. If you have medical conditions that you are being treated for it may be important to have some therapies adjusted *prior* to conception. This is particularly important if you are a diabetic. Take a daily multivitamin with folic acid (such as Centrum). Folic acid 400 mcg daily has been shown to reduce the chance of birth defects called neural tube defects, but must be present at conception to be effective. Have your weight in the appropriate range before conception. Do not smoke or use street drugs. **If you are not using birth control or not using a reliable birth control method** such as the pill, shot or IUD take a daily vitamin with folic acid "just in case".

WELLNESS

It is important to maintain your **weight** in the normal range. Please see the attached chart for normal weight ranges. Overweight and obesity increase your risk for health problems such as diabetes and high blood pressure. Regular **physical exercise** is important in maintaining wellness for your body and for your emotional health. Walking for 30 minutes 3 to 5 days a week is good exercise, but other forms of exercise such as working out at the gym or playing a sport are also good. If you need more advice about nutrition or exercise please ask. Remember to maintain your **immunizations**. You need a tetanus booster once every 10 years. If you have never had Chicken Pox, you should be tested and given a vaccine if needed. Ask about Hepatitis A and B vaccines if you have not had these before. I advise a **daily multivitamin and adequate daily calcium** intake (1000 mg).

AVOID RISK

Please avoid **tobacco** in any form. Nicotine in tobacco is one of the most addictive drugs that we know. Smoking is one of the biggest preventable factors in the development of many health problems such as heart disease, cancer (including cervix cancer), and pregnancy complications. If you smoke stop now.

Use **alcohol** in moderation. Please avoid street drugs.

YOUR RESULTS

All tests done in this office will be result to you by phone. If you have not received results after 10 days please call 482-2360 and ask for the nurse.