



Complete Women's Wellness
GYNECOLOGY

General Health Screening Recommendations for Women

General Health: Annual check-up including height, weight, blood pressure, pelvic exam and clinical breast exam. Ask your practitioner about health topics such as weight gain, tobacco use, depression, skin exams, and thyroid function. We recommend a daily multivitamin (or prenatal vitamin if considering pregnancy).

Heart Health: Cholesterol screening may begin at any age depending on family history. Routine testing should begin at 40, and be repeated every three years. Fish Oil supplements are recommended for anyone with a family history of heart disease (2000 mg daily, stored in the freezer).

Breast Health: Self breast exams are encouraged monthly after your period. Clinical breast exams are recommended once yearly. A baseline mammogram should be obtained at age 40 or earlier depending on family history; we recommend yearly mammograms after age 40.

Reproductive Health: A pap test should be obtained periodically according to your personal risk and age (discuss with your provider). A pelvic exam (not the same as a pap test) should be obtained yearly beginning at age 21 or earlier if sexually active. Once sexually active, women should be tested for sexually transmitted infections (STIs) yearly until age 24. At age 25, women should be tested for STIs if they have new or multiple partners.

Colorectal Health: We encourage all of our patients to have a colonoscopy or Cologuard at age 45. If normal colonoscopy is every 10 years, Cologuard every 3. Colon cancer can be prevented with this test!

Bone Health: Baseline Bone Density (DXA) scans can be obtained at menopause, approximately age 50, and every 2-5 years thereafter. For osteoporosis prevention, we recommend Calcium supplements (1200 mg daily in divided doses of 600 mg in the morning and evening), and Vitamin D 5000IU daily. Calcium Citrate (Citracal) can be taken with or without food. Calcium Carbonate must be taken with food.

Diabetes Screening: Fasting blood glucose or a hemoglobin A1c test is recommended at age 45 or earlier if there is a family history of diabetes or personal history of gestational diabetes. This test should be repeated every three years.