

5 TIPS TO BETTER WELLNESS FOR WOMEN



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WHAT SHOULD YOU BE DOING AND WHEN?

PAP: Every year – unless you have history of HPV. Tip to remember to schedule: Do it each year around your birthday or other memorable event.

MAMMOGRAM: Annually starting at 40, or for women with a family history (mother, sister, daughter, or multiple relatives), ten years prior to the age at diagnosis.

BREAST SELF EXAM: EVERY month AFTER your period is finished (too lumpy and tender at other times). For women not menstruating – menopausal or lactating moms – pick a monthly bill (cell phone, credit card, etc) and use its arrival to time the self exam.

COLONOSCOPY: Annually starting at age 50 – or earlier if family history. Rectal occult stool test should be performed annually starting at age 40 by your OB/GYN.

CHOLESTEROL: Get checked every 3-5 years by mid-thirties – or earlier if there is a serious family history of heart disease.

DIABETES: Get screened annually if you had gestational diabetes or have a family history.

PLUS:

Should women be getting regular hormone testing? See Dr. Suzanne **Wednesday 2-4pm** in the **momlogic.com booth!**

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