Make the most of your healthcare visit

- Make a list of concerns and questions.
- Describe your symptoms clearly and briefly, tell your healthcare provider when they began and what makes them better or worse.
- Let your healthcare provider know all prescription and/or over-the-counter medications you are taking. Bring all bottles to your visit.
- Bring a family member or friend to take notes or provide support and make sure you understand everything you and your provider talk about.
- If you do not understand why you are having a particular test, ask your healthcare provider to explain.

The basic guidelines for a healthy future

- Drink water in place of sweetened beverages
- Do 30 minutes of exercise every day
- Eat 5 servings (1/2 cup = 1 serving) of vegetables or fruits daily
- Limit your salt intake to 1 teaspoon (2300mg) daily
- Use sunscreen daily
- Take a daily multivitamin with 400mcg Folic Acid
- Do a self breast exam monthly
- Get early prenatal care
- Drink alcohol in moderation

Preventive health services

CARE-LINE Information and Referral Service
Find the programs and people to help you: 1-800-662-7030

Smoking Cessation: www.quitnownc.org
NC Quitline 1-800-784-8669

Alcohol/Drug Council of NC:
Information and Referral 1-800-688-4232

NC Dental Society: www.ncdental.org
Online database to help locate dentists or NC Medicaid dental providers

Depression: Depression is a medical condition. If you are depressed, talk to your healthcare provider or call:
National Suicide Prevention Lifeline 1-800-273-8255

NC HIV/AIDS Hotline: 1-888-448-4732
Diabetes Hotline: 1-877-362-2678

More hotlines for health concerns are available at the NC Department of Health and Human Services website:
http://www.dhhs.state.nc.us/health/hotlines.htm

For additional information go to:
Centers for Disease Control: www.cdc.gov 1-800-232-4636

US Preventive Services Task Force:
www.ahrq.gov 1-301-427-1364

Dept of Health and Human Services:
www.4women.gov 1-800-994-9662

Tests all women need.

Not all organizations agree on what screening tests should be done and when. Our panel of physicians and researchers have reviewed the guidelines and selected those they think represent the best approach given the current scientific knowledge.

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# WOMEN’S PREVENTIVE HEALTH MEASURES CHART

This table includes current recommendations for monitoring and maintaining your health, although no test is 100% accurate. These basic screening procedures are the best methods for early detection and treatment of life-threatening health conditions. ALWAYS discuss your screening needs with your healthcare provider.

<table>
<thead>
<tr>
<th>Where to go</th>
<th>18-39 years</th>
<th>40-49 years</th>
<th>50-64 years</th>
<th>65 + years</th>
<th>My last screening</th>
<th>My next screening</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Community clinics, Health Departments, Health fairs, Doctor’s office</strong></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td><strong>High Blood Pressure/hypertension</strong></td>
<td>Every year at annual health exam</td>
<td>Every year at annual health exam</td>
<td>Every year at annual health exam</td>
<td>Every year at annual health exam</td>
<td><em><strong>/</strong></em>/___</td>
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</tr>
<tr>
<td><strong>Cholesterol Testing:</strong> Lipid disorders increase the risk of CVD. Risk factors: family history of CVD, smoking, high LDL (‘bad’ low density cholesterol) and low HDL (‘good’ high density cholesterol), obesity, high blood pressure.</td>
<td>Screening if risk factors for heart disease are present</td>
<td>Starting at age 45, every 5 years</td>
<td>Every 5 years</td>
<td>Every 5 years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Diabetes Screening:</strong> Risk Factors: High blood pressure, high cholesterol, obesity, family or personal history, race/ethnicity.</td>
<td>Talk with healthcare provider</td>
<td>High-risk patients- every 3 years beginning at age 45</td>
<td>High-risk patients- every 3 years</td>
<td>High-risk patients- every 3 years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Pap Testing/Cervical Cancer:</strong> Detects HPV. Screen after becoming sexually active.</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>Every 1-3 years</td>
<td>Talk with healthcare provider</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Sexually Transmitted Infections (STI):</strong> A cervix swab and blood test are used to detect STIs. Chlamydia and gonorrhea are the most common STIs.</td>
<td>As needed - Pregnant women should be screened at their first prenatal visit</td>
<td>As needed - Pregnant women should be screened at their first prenatal visit</td>
<td>As needed - talk with healthcare provider</td>
<td>As needed - talk with healthcare provider</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Depression:</strong> Edinburgh Depression Scale, Geriatric Depression Scale screening.</td>
<td>Talk with healthcare provider, consider postpartum evaluation</td>
<td>Talk with healthcare provider, consider postpartum evaluation</td>
<td>Talk with healthcare provider, consider geriatric evaluation</td>
<td>Talk with healthcare provider, consider geriatric evaluation</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Immunizations:</strong></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td><strong>Flu (influenza):</strong> high risk if you are in poor health or you work around those with poor health.</td>
<td>Annually if at high risk</td>
<td>Annually if at high risk</td>
<td>September of each year</td>
<td>September of each year</td>
<td>My last vaccine</td>
<td>My next vaccine</td>
</tr>
<tr>
<td><strong>Pneumococcal:</strong> One dose of pneumococcal vaccine protects against the 23 types of bacterial pneumonia.</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>All women</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Hepatitis A &amp; B:</strong> viruses that cause liver inflammation and disease</td>
<td>Talk with healthcare provider</td>
<td>Talk with healthcare provider</td>
<td>Talk with healthcare provider</td>
<td>Talk with healthcare provider</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Varicella zoster:</strong> Chickenpox &amp; Shingles</td>
<td>Chickenpox vaccine postpartum if not immune</td>
<td>Chickenpox vaccine postpartum if not immune</td>
<td>Shingles vaccine recommended at 60+ years</td>
<td>Shingles vaccine Recommended at 60+ years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Td:</strong> Tetanus, Diphtheria</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>HPV:</strong> Human Papilloma Virus (Gardasil)</td>
<td>Up to age 26</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Mammography:</strong> Screening age 40-79 years-old. Family or personal history may dictate earlier screening.</td>
<td>Screening if risk factors present</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td>Every 1-2 years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Bone Mineral Density:</strong> Low bone density increases fracture risk. Weight-bearing exercise builds bone mass.</td>
<td>Talk with healthcare provider</td>
<td>Screening if at risk for osteoporosis</td>
<td>All women</td>
<td>All women</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
<tr>
<td><strong>Colon Cancer Screening:</strong> Includes colonoscopy, sigmoidoscopy, or fecal occult blood test (FOBT).</td>
<td>Talk with healthcare provider</td>
<td>Talk with healthcare provider</td>
<td>Every 10 years</td>
<td>Every 10 years</td>
<td><em><strong>/</strong></em>/___</td>
<td><em><strong>/</strong></em>/___</td>
</tr>
</tbody>
</table>