

## 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](http://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](http://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](http://www.cdc.gov)  
1-800-232-4636

**US Preventive Services Task Force:**  
[www.ahrq.gov](http://www.ahrq.gov) 1-301-427-1364

**Dept of Health and Human Services:**  
[www.4women.gov](http://www.4women.gov) 1-800-994-9662



**UNC**  
CENTER FOR  
WOMEN'S HEALTH RESEARCH

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.

Center for Women's Health Research at UNC  
Campus Box 7521  
Chapel Hill, NC 27599-7521  
Phone: 919.843.7720  
Fax: 919.843.7364  
[www.cwhr.unc.edu](http://www.cwhr.unc.edu)

## Tests all women need.

Asking Questions. Getting Answers. What women need to know...now. Health tips. Essential tests. How to talk to your healthcare provider about health questions.

CENTER FOR WOMEN'S HEALTH RESEARCH  
CWHR: Advancing women's health  
through research

# 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.

Where to go		18-39 years	40-49 years	50-64 years	65 + years	My last screening	My next screening
Community clinics, Health Departments, Health fairs, Doctor's office	<b>High Blood Pressure/hypertension</b> increases the risk of cardiovascular disease (CVD). Normal blood pressure 120/70.	Every year at annual health exam	Every year at annual health exam	Every year at annual health exam	Every year at annual health exam	__/__/__	__/__/__
	<b>Cholesterol Testing:</b> 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.	Screening if risk factors for heart disease are present	Starting at age 45, every 5 years	Every 5 years	Every 5 years	__/__/__	__/__/__
	<b>Diabetes Screening:</b> Risk Factors: High blood pressure, high cholesterol, obesity, family or personal history, race/ethnicity.	Talk with healthcare provider	High-risk patients- every 3 years beginning at age 45	High-risk patients- every 3 years	High-risk patients- every 3 years	__/__/__	__/__/__
Health Department, Community clinic, Gynecologist	<b>Pap Testing/Cervical Cancer:</b> Detects HPV. Screen after becoming sexually active.	Every 1-3 years	Every 1-3 years	Every 1-3 years	Talk with healthcare provider	__/__/__	__/__/__
	<b>Sexually Transmitted Infections (STI):</b> A cervix swab and blood test are used to detect STIs. Chlamydia and gonorrhea are the most common STIs.	As needed - Pregnant women should be screened at their first prenatal visit.	As needed -Pregnant women should be screened at their first prenatal visit	As needed - talk with healthcare provider	As needed - talk with healthcare provider	__/__/__	__/__/__
	<b>Depression:</b> Edinburgh Depression Scale, Geriatric Depression Scale screening.	Talk with healthcare provider, consider postpartum evaluation	Talk with healthcare provider, consider postpartum evaluation	Talk with healthcare provider, consider geriatric evaluation	Talk with healthcare provider, consider geriatric evaluation	__/__/__	__/__/__
	<b>Immunizations:</b> <b>Flu (influenza):</b> high risk if you are in poor health or you work around those with poor health.	Annually if at high risk	Annually if at high risk	September of each year	September of each year	<b>My last vaccine</b> __/__/__	<b>My next vaccine</b> __/__/__
	<b>Pneumococcal:</b> One dose of pneumococcal vaccine protects against the 23 types of bacterial pneumonia	---	---	---	All women	__/__/__	__/__/__
	<b>Hepatitis A &amp; B:</b> viruses that cause liver inflammation and disease	Talk with healthcare provider	Talk with healthcare provider	Talk with healthcare provider	Talk with healthcare provider	__/__/__	__/__/__
	<b>Varicella zoster:</b> Chickenpox & Shingles	Chickenpox vaccine postpartum if not immune	Chickenpox vaccine postpartum if not immune	Shingles vaccine recommended at 60+ years	Shingles vaccine Recommended at 60+ years	__/__/__	__/__/__
<b>Td: Tetanus, Diphtheria</b> <b>HPV: Human Papilloma Virus (Gardasil)</b>	Every 10 years Up to age 26	Every 10 years ---	Every 10 years ---	Every 10 years ---	__/__/__ __/__/__	__/__/__ __/__/__	
Specialist	<b>Mammography:</b> Screening age 40-79 years-old. Family or personal history may dictate earlier screening.	Screening if risk factors present	Every 1-2 years	Every 1-2 years	Every 1-2 years	__/__/__	__/__/__
	<b>Bone Mineral Density:</b> Low bone density increases fracture risk. Weight-bearing exercise builds bone mass.		Talk with healthcare provider	Screening if at risk for osteoporosis	All women	__/__/__	__/__/__
	<b>Colon Cancer Screening:</b> Includes colonoscopy, sigmoidoscopy, or fecal occult blood test (FOBT).	Talk with healthcare provider	Talk with healthcare provider	Every 10 years	Every 10 years	__/__/__	__/__/__