ALCOHOL USE
Excessive alcohol consumption can have social and medical implications. Studies have shown that alcohol use during pregnancy can result in long-term complications for the child.

BLOOD PRESSURE TEST
Having high blood pressure means the pressure of the blood in your blood vessels is higher than it should be. This common condition increases the risk for heart disease and stroke, two leading causes of death for Americans.

BONE MINERAL DENSITY TEST
Osteoporosis or “porous bone” is a disease of the skeletal system characterized by low bone mass and deterioration of bone tissue. Osteoporosis leads to an increase risk of bone fractures typically in the wrist, hip, and spine.

BREAST CANCER SCREENING
Breast cancer is the most common cancer among American women. A mammogram is utilized to detect cancer, however every woman should learn how to practice monthly self examinations.

BREAST-FEEDING
Breast-feeding results in improved infant and maternal health outcomes.
CERVICAL CANCER SCREENING
The Pap test (or Pap smear) looks for precancers, cell changes on the cervix that might become cervical cancer if they are not treated appropriately. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.\(^\uparrow\)

CHLAMYDIA TEST
Chlamydia is the most commonly reported STD in the United States. Although it is easy to cure, chlamydia can make it difficult for a woman to get pregnant if left untreated.\(^\uparrow\)

CHOLESTEROL TEST
Excess cholesterol can build up within the arteries and lead to heart disease.\(^\uparrow\)

COLORECTAL SCREENING
Detects the presence of precancerous polyps—abnormal growths in the colon or rectum. Screening helps find colorectal cancer at an early stage, when treatment often leads to a cure.\(^\uparrow\)

DENTAL VISITS
Regular dental visits aide in the prevention and detection of tooth decay, oral cancers, and other diseases.\(^\uparrow\)

DIABETES SCREENING
Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations.\(^\uparrow\)

### RECOMMENDATIONS BASED ON AGE

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommendations</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-39</td>
<td>Get a Pap test every 3 years if you are 21 or older and have a cervix. If you are 30 or older, you can get a Pap test and HPV test together every 5 years.*</td>
</tr>
<tr>
<td>40-49</td>
<td>Talk to your doctor or nurse about repeat testing.*</td>
</tr>
<tr>
<td>50-64</td>
<td>Get this test at least once.</td>
</tr>
<tr>
<td>65+</td>
<td>Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant. Age 25 and older, get tested for chlamydia if you are at increased risk, pregnant or not pregnant.*</td>
</tr>
<tr>
<td></td>
<td>Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.*</td>
</tr>
<tr>
<td></td>
<td>Starting at age 50 through age 75, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.*</td>
</tr>
<tr>
<td></td>
<td>Visit your dentist regularly, particularly if you are planning on getting pregnant or are pregnant.**</td>
</tr>
<tr>
<td></td>
<td>Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.*</td>
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</table>
**EATING WELL**
Visit ChooseMyPlate.gov to learn about healthy eating habits, weight loss and maintenance and more. Guidelines for pregnant or breast-feeding women are included.

**GONORRHEA TEST**
Gonorrhea is a sexually transmitted disease which, if left untreated, can cause serious health problems.

**HEALTH INSURANCE**

**HIV TEST**
HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome, or AIDS.^

**HPV VACCINE**
Human papillomavirus (HPV) is the most common sexually transmitted infection in the United States. HPV can lead to health problems like genital warts and cancer^.

**INFLUENZA VACCINE**
Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. ^

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<td>Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.*</td>
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<td>50-64</td>
<td>Get tested for gonorrhea if you are sexually active and at increased risk.*</td>
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<tr>
<td>65+</td>
<td>The Affordable Care Act requires most U.S. citizens and legal residents to have health insurance. Speak to your employer, or visit <a href="http://www.healthcare.gov">www.healthcare.gov</a> to learn about Marketplace or Medicaid/CHIP coverage.</td>
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<td>Get tested for HIV at least once. Discuss your risk with your doctor or nurse because you may need more frequent tests.*</td>
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<td>All girls ages 11 or 12 years should get vaccinated. Catch-up vaccines are recommended through age 26. ^</td>
</tr>
<tr>
<td></td>
<td>Everyone over six months of age should be vaccinated each year. CDC does not recommend one flu vaccine over the other. The proper vaccine will be determined by your healthcare provider based on your age and health status. ^</td>
</tr>
</tbody>
</table>
## INTIMATE PARTNER VIOLENCE

Abuse is never acceptable. Visit www.thehotline.org, call 800-799-SAFE (7233), or speak to a trusted medical provider to learn more about getting help.

## PHYSICAL ACTIVITY

Adults who are physically active are healthier and less likely to develop many chronic diseases than adults who are inactive. They also have better fitness, including a healthier body size and composition.#

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<td>Perform 150 minutes of moderate intensity aerobic physical activity each week. Also do muscle-strengthening activities on at least 2 days each week. Currently inactive adults should work up to the recommended guidelines. #</td>
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<td>Women 65 and older should remain physically active. Discuss a plan with your doctor or nurse.#</td>
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## PNEUMOCOCCAL VACCINE

The major types of pneumococcal disease are pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the covering of the brain and spinal cord). Less severe clinical diseases include ear and sinus infections. An estimated 5-7% of the population die from it each year.^

## SYPHILIS TEST

Syphilis is a sexually transmitted disease that can have very serious complications when left untreated.^

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<td>Get tested for syphilis if you are at increased risk.*</td>
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</table>

*Women’s Health.gov  ^ CDC  ~American Academy of Pediatrics  #National Guidelines on Physical Activity  **American Dental Association

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