



The information shared in this brochure are recommendations only. Please consult with your health care physician regarding risk factors and/or concerns.

If you need a healthcare provider, please call our free physician referral line at (859) 301-DOCS (3627).



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# Women's Wellness

Recommendations for Health: Ages 30-39



## EVERY DAY

- Exercise 30 minutes per day.
- Avoid tobacco products and second-hand smoke. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW. NO smoking in pregnancy.
- Wear sunscreen.
- If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one five-ounce glass of wine. NO alcohol in pregnancy.
- It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.
- Be aware of your stress level.

## EVERY MONTH

- Perform a full-body self examination for unusual moles or other skin condition. See your health care provider for any suspicious findings.
- Be aware of your weight and body mass index (BMI).
- Breast self-exam (BSE).

## EVERY YEAR

- Annual evaluation for weight, body mass index (BMI) and waist circumference.
- Annual dental exam; discuss with your dentist.
- Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.
- HIV testing at least once to find out your HIV status. Talk with your health care provider regarding your individual risk factors. Ask your health care provider if and when you need the test again.
- Check blood pressure every office visit or at least every two years if blood pressure is less than 120/80 mmHg (more often if you have a higher risk).
- Screen cholesterol every five years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.
- Know the signs of heart attack and stroke.
- Diabetes testing: Based on family history or as directed in pregnancy.
- Based on family history or genetic tendency, mammography and MRI may be recommended. Discuss with your health care providers.
- Clinical breast exam (CBE) every year. Breast self exam (BSE) is an option for women starting in their 20s. Discuss benefits and limitations with your health care provider especially if you have a family history of risk factors.
- Begin PAP Smear screening annually, but first discuss with your health care provider.
- Based on family history or genetic tendency (Lynch or FAP syndrome), annual colonoscopy may be recommended. Discuss with your health care provider.

## OTHER

- Begin taking prenatal vitamins prior to pregnancy. Have a healthy pregnancy!
- Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.
- Annual Sexually Transmitted Disease (STD) screenings if you are sexually active. Discuss with your health care provider.