

## Important Topics in Women's Health

1. Screening Exams:
  - a. Breast – Clinical Breast Exams & Self-awareness age 25 & up; Mammography starting at age 40 every 1-2 years depending on risk factors until age 75 (1 in 8 women develop breast cancer by age 75)
  - b. Colon – Colonoscopy starting age 45; FOBT
  - c. Cervix – Pap smear & HPV testing, screening starting at age 21, can have variable recs depending on history (21-65 pap test alone every 3 years; 30-65 co-testing or HPV testing alone every 5 years; HPV testing alone can be considered from 25-29 but pap is preferred)
  - d. General – yearly physical exams and create an established OBGYN
2. Abnormal uterine/vaginal bleeding: Medications (blood thinners), Bleeding disorders, Medical conditions (hypothyroidism), Uterine problems (Fibroids – big issue for the AA population, Adenomyosis)
  - a. Pre-menopause: Menstrual irregularities, PCOS, Ovulation, Ectopic pregnancy
  - b. Post-menopause: Hormonal deficits or imbalance, Endometrial cancer
  - c. **Most important is to get work up done and don't just ignore it** (may include labs, imaging, scope, or biopsy)
3. Woman's Advocacy in Healthcare:
  - a. Don't be subjected to the stereotypes – gender & racial biases including ignoring symptoms, under estimating pain, failure to recognize the differences in physiology, metabolism, and other biological functions
  - b. Be the change we desire to see, we are our best advocates
4. General health & diet:
  - a. Vitamins – Calcium (19-50: 1g, 50+: 1.2g), Vitamin D (19-70: 600IU, 70+: 800IU), Multivitamins, Elderberry.... "bones, skin, immune system"
  - b. Diet – Balanced eating (reduces risk of many health problems & cancers), <https://www.myplate.gov/myplate-plan>
  - c. Exercise – Moderate 30 mins 5x/week, Intense 25mins 3x/week
  - d. Skin protection
5. Additional resource for information: ACOG website - [www.acog.org/womens-health](http://www.acog.org/womens-health)