

Annual Exams for Women

Ages 18 to 39

WHEN WAS THE LAST TIME YOU MADE IT A PRIORITY TO SCHEDULE AN APPOINTMENT WITH YOUR DOCTOR? IF YOU'RE A MOM, ESPECIALLY, YOU KNOW HOW HARD IT CAN BE TO FIND TIME TO TAKE CARE OF YOURSELF.

It is vital to your long-term health to make scheduling your annual checkup a priority. It's easy to get overwhelmed with the hustle and bustle of life, but setting aside time to schedule an appointment with your doctor can make all the difference for your health. Getting your regular annual exams can make all the difference when it comes to keeping you healthy and happy.

To help you stay on top of your health, we've compiled a list of important screenings and tests you should receive if you're between the ages of 18 and 39.

Make your health a top priority! You'll thank yourself later for scheduling your annual appointments!

BLOOD PRESSURE SCREENING

- You should have your blood pressure checked at least once every year as long as it is normal.
- During an annual checkup, your care providers will test your blood pressure.
- If you have diabetes, heart disease, kidney problems, or other health conditions, having your blood pressure checked more often may be necessary.

CHOLESTEROL SCREENING AND HEART DISEASE PREVENTION

- Women between the ages of 20 and 45 are recommended to begin cholesterol screening.
- If you have normal cholesterol level and are at low risk you do not need to have this test repeated until age 35.
- Repeating testing may be needed sooner if changes occur in your lifestyle, such as weight gain.
- If you have diabetes, heart disease, kidney problems, or other health conditions, having your cholesterol checked more often may be necessary.

DIABETES SCREENING

- Diabetes screenings are necessary, especially if you have been displaying symptoms such as:
 - Increased thirst
 - Frequent urination
 - Constant hunger
 - Fatigue
- If your blood pressure is higher than normal, your provider may also test your blood sugar levels for diabetes.
- If you have a body mass index greater than 25 and have other risk factors for diabetes, being screened is recommended.
- If you have other risk factors for diabetes, such as a family history of diabetes or heart disease, your healthcare provider will also likely screen you for diabetes.



IMMUNIZATIONS

- After age 19, you should have a tetanus-diphtheria and acellular pertussis vaccine once if you did not receive one after age 11.
- You should have a tetanus-diphtheria or Tdap booster every 10 years.
- Getting a flu shot every year is recommended.
- If you haven't had the human papilloma virus (HPV) vaccine series, talk with your provider about getting it.
- Additionally, it may be necessary for you to get 2 doses of varicella vaccine if you never had chickenpox or the varicella vaccine.
- Your care provider might recommend other immunizations if you have certain health conditions.

INFECTIOUS DISEASES SCREENINGS

- Depending on the nature of your lifestyle and medical history, undergoing screenings for infections such as syphilis, chlamydia, HIV, and other diseases may be necessary.

PELVIC EXAM AND PAP SMEAR

- Beginning at age 21, women should undergo a pelvic exam and pap smear every 3 years to check for cervical cancer, even if you are not sexually active.
- If you are over the age of 30 and your pap smear and HPV tests are normal, you may only need a pap smear every 5 years.
- If you have had your uterus and cervix removed (total hysterectomy) and you have not been diagnosed with cervical cancer, you may not need to have pap smears.

BREAST SELF-EXAM AND MAMMOGRAM

- Talk to your caregiver about recommendations regarding breast self-exams and clinical breast exams.
- During this stage in your life, a mammogram may not be necessary, as those are generally recommended for women who are 40 and older.
- If you have a family history of breast cancer, it may be recommended that you have a mammogram earlier in your life.
 - In this situation, it is recommended to receive yearly mammograms starting at the same age at which your family member was diagnosed
- If you have other risk factors for breast cancer, your care provider may recommend a mammogram, breast ultrasound, or MRI scan.
- Contact your provider right away if you notice a change in your breasts.

PHYSICAL EXAM

- As part of your annual exam, your care provider will perform a physical exam.
- In addition to checking your blood pressure, your care provider will also measure your height, weight, and body mass index.
- Your care provider may also ask you about these following aspects of your lifestyle:
 - Diet and exercise
 - Alcohol and tobacco use
 - Depression and anxiety

Yankton Medical Clinic at 605-665-7841 or Vermillion Medical Clinic at 605-624-8643. Visiting your care provider can help prevent and detect health concerns early. An ounce of prevention is worth a pound of cure, so don't delay seeking care. Schedule an appointment at Yankton Medical Clinic or Vermillion Medical Clinic today!

For more information, or to set up an appointment for your annual physical examination, please call:
Yankton Medical Clinic at 605-665-7841
or Vermillion Medical Clinic at
605-624-8643.