

## WOMENCARE

*A Healthy Woman is a Powerful Woman*

**(407) 898-1500**

### Women's Health Milestones

Age 13-19	<ul style="list-style-type: none"><li>• 1<sup>st</sup> Gynecology visit for health guidance, screening, and preventative services. Appointment recommended for both sexually active and non sexually active patients</li></ul>
Age 20-35	<ul style="list-style-type: none"><li>• Annual pelvic exam, pap smear, breast exam</li><li>• Preconception consultation highly recommended</li></ul>
Age 35+	<ul style="list-style-type: none"><li>• Preconception consultation highly recommended</li></ul>
Age 36-40	<ul style="list-style-type: none"><li>• Annual pelvic exam, pap smear, breast exam</li><li>• 1<sup>st</sup> mammogram for high risk breast cancer patients</li></ul>
Age 40-55	<ul style="list-style-type: none"><li>• Annual mammogram, pelvic exam, pap smear, breast exam</li><li>• 51 is median age for menopause ~ HRT therapy consult</li><li>• 1<sup>st</sup> Colonoscopy or Barium Enema ~ Every 5-10 years</li></ul>
Age 45	<ul style="list-style-type: none"><li>• Start Cholesterol and Fasting Glucose Testing every 5 years</li><li>• Cardiovascular Disease Prevention</li></ul>
Age 65+	<ul style="list-style-type: none"><li>• Annual mammogram, pelvic exam, pap smear, breast exam</li><li>• Cholesterol, Fasting Glucose, and Colonoscopy ~ Every 5 years</li><li>• 1<sup>st</sup> cancer screening</li><li>• Urinalysis</li><li>• Polypharmacy Evaluation ~ all prescription and over-the-counter medication and supplements reviewed</li></ul>
Age 75+	<ul style="list-style-type: none"><li>• Annual mammogram, pelvic exam, pap smear, breast exam, cholesterol check</li><li>• Fasting Glucose and Colonoscopy ~ Every 5 years</li><li>• End of Life Planning ~ advance directive, "Do Not Resuscitate" orders, Terminal Care including hospice, home care, and pain management</li></ul>