

Women's
Health
Month
edition

Dr. Teri
presents



365 Days of
Wellness

Women's Health HERstory

Join in to an informative and empowering health chat and check-up that's designed for YOU!

**What's Your Health HERstory?:
365 Days of Wellness**

For the playback (712) 775-7029
pin 749-693-051



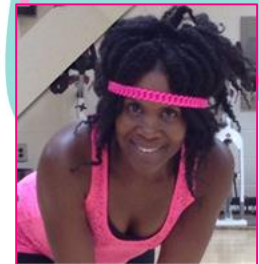
Alyssa Dragutsky, MS, RD, LD
Registered & Licensed Dietitian,
CDC Worklife Wellness Office



Tamara Grant
Licensed Esthetician, Beauty & Skin
Health



Dr. Benita Stephens, MD
Founder & Ob/Gyn, Ciao Bella
Medical Center & Spa



Alethia Tukes
Fitness Instructor & Lifestyle
Advisor, Metro Atlanta YMCA

Master your Peace, Purpose and Pleasure by putting your health first!

www.terilarkins.com

BFF Health Professional Expert Panel – Contact Info

- Registered and Licensed Dietitian, *Alyssa Dragutsky* (adragutsky@gmail.com)
- Licensed Esthetician, Beauty and Skin Health, *Tamara A. Grant* (www.beautyandskinhealth.com) @bmorepeach @theglitterpaparazzi (instagram/FB)
- Ob/GYN & Owner, Ciao Bella Medical Center and Spa, *Dr. Benita Stephens* (www.ciaobellamed.com) @DrCiaoBella (twitter/Facebook/instagram)
- Group Fitness Instructor, *Alethia Tukes* (alethiarun@gmail.com/Facebook)

Master your Peace, Purpose and Pleasure by putting your health first!

www.terilarkins.com

What is a Well Woman's Visit?

The annual health assessment ("annual examination") is a fundamental part of medical care and is valuable in promoting prevention practices, recognizing risk factors for disease, identifying medical problems, and establishing the clinician–patient relationship. (Well-woman visit. Committee Opinion No. 534. ACOG, 2012)

A well-woman visit is a checkup. It's a time to see your doctor or nurse and discuss your overall health:

- Discuss your family history, family planning, and personal habits, such as alcohol and tobacco use
- Get or schedule necessary tests, such as screenings based on your age, health habits, risk factors and recommended screening guidelines. They may include:
 - Contraceptive counseling
 - Alcohol misuse screening
 - Blood pressure screening
 - Cholesterol screening
 - Depression screening
 - Nutrition and diet counseling
 - HIV screening
 - Vaccines and immunizations
 - STD/STI screening
 - Relationships
- Physical Examination of your breasts, height & weight, pelvis
- Set health goals, such as being active and maintaining a healthy weight
- You shouldn't be charged for certain preventive services, including well-woman visits
- It may not be a one stop shop deal. You may need to see another specialist or schedule another procedure

Additional Well-Woman Resources and Information

- www.womenshealth.gov
- www.healthywomen.org/content/article/preventive-health-screenings-women
- www.acog.org/wellwoman

Affordable Care Act

- Thanks to the Affordable Care Act, most private health plans must cover this visit along with many other preventive care benefits. That means the visit will be free for you, even if you haven't met your yearly deductible.
- Check here to see what is covered under ACA www.healthcare.gov/preventive-care-benefits/women/
- And if your insurance isn't paying for services you think should be covered under the Affordable Care Act, contact the National Women's Law Center's hotline 1-866-745-5487 or via email at CoverHer@nwlc.org to let them know what's going on and see if they can help.
- If you don't have insurance, you can still see a provider by finding a health center near you that will charge you what you can afford, based on your income. http://findahealthcenter.hrsa.gov/Search_HCC.aspx

Master your Peace, Purpose and Pleasure by putting your health first!

www.terilarkins.com

Screening Tests for Women

Check the guidelines listed here to find out about important screening tests for women. www.womenshealth.gov/publications/our-publications/screening-tests-for-women.pdf

Screening Tests for Women

Check the guidelines listed here to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered. Insurance companies are required to cover many preventive services for women at no cost to you because of the Affordable Care Act.

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
Blood pressure test	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
Bone mineral density test (osteoporosis screening)			Discuss with your doctor or nurse if you are at <u>risk of osteoporosis</u> .	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
Breast cancer screening (mammogram)		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
Cervical cancer screening (Pap test)	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.	Get a Pap test and HPV test together every 5 years if you have a cervix.	Get a Pap test and HPV test together every 5 years if you have a cervix.	Ask your doctor or nurse if you need to get a Pap test.

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
Chlamydia test	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 <u>increased risk</u> , pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at <u>increased risk</u> , pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at <u>increased risk</u> .	Get tested for chlamydia if you are sexually active and at <u>increased risk</u> .
Cholesterol test	Starting at age 20, get a cholesterol test regularly if you are at <u>increased risk for heart disease</u> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <u>increased risk for heart disease</u> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <u>increased risk for heart disease</u> . Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at <u>increased risk for heart disease</u> . Ask your doctor or nurse how often you need your cholesterol tested.
Colorectal cancer screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)			Starting at age 50, 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.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
Diabetes screening	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
Gonorrhea test	Get tested for gonorrhea if you are sexually active and at <u>increased risk</u> , pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at <u>increased risk</u> , pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at <u>increased risk</u> .	Get tested for gonorrhea if you are sexually active and at <u>increased risk</u> .
HIV test	Get tested for HIV at least once. Discuss your risk with your doctor or nurse because you may need more frequent tests. All pregnant women need to be tested for HIV.	Get tested for HIV at least once. Discuss your risk with your doctor or nurse because you may need more frequent tests. All pregnant women need to be tested for HIV.	Get tested for HIV at least once. Discuss your risk with your doctor or nurse because you may need more frequent tests.	Get tested for HIV at least once if you are age 65 and have never been tested. Get tested if you are at <u>increased risk</u> for HIV. Discuss your risk with your doctor or nurse.
Syphilis test	Get tested for syphilis if you are at <u>increased risk</u> or pregnant.	Get tested for syphilis if you are at <u>increased risk</u> or pregnant.	Get tested for syphilis if you are at <u>increased risk</u> .	Get tested for syphilis if you are at <u>increased risk</u> .

Content last updated June 25, 2013.

www.womenshealth.gov | 800-994-9662



www.womenshealth.gov | 800-994-9662



Master your Peace, Purpose and Pleasure by putting your health first!
www.terilarkins.com