

The Pelvic Press

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ARE YOU TAKING CARE OF YOUR ROUTINE HEALTH CARE AND SCREENINGS?

Breast Health

- ❖ Monthly Self Breast Exams
- ❖ Annual Breast Exam by your Health Care Provider
- ❖ Screening mammogram between ages 35-40 and annually thereafter.

Pelvic Exam and Pap Smear

- ❖ Initial Pap Smear at 21 or sooner if sexually active and yearly thereafter
- ❖ Pelvic Exams annually

STD Screening

- ❖ Both partners before initiating sexual intercourse

Colon Health

- ❖ Colonoscopy at age 50
- ❖ Hemocult testing annually at age 50

Bone Health

- ❖ Cholesterol screening at age 20 and every five years
- ❖ Blood sugar (diabetes) at age 45 and every 3 years
- ❖ Thyroid screening at age 45 and every three years

**The above are general guidelines, personal and family risk factors may affect your care*

Other tips:

- ❖ Eat healthy and exercise most days of the week
- ❖ Take a multivitamins daily
- ❖ Do not smoke, if you currently smoke – stop

- ❖ Always use condoms unless you are in a long-term mutually monogamous relationship
- ❖ Always wear your seat belt
- ❖ Drink 6-8 8oz glasses of water each day
- ❖ Wear SPF 15 or higher sunblock daily; Avoid tanning beds
- ❖ Wear Sunglasses

Start the New Year with a healthier you – Ask about women's vitamins, weight loss management or alternative menopause therapy TODAY!

Women's Pelvic Surgery Center offers Ameriscience Vitamin and Supplementation Therapy

SYMPTOMS OF AN OVERACTIVE BLADDER

If you answer yes to any of these questions, print this page and take it with you when you go to see your doctor.

Do you frequently have a strong, sudden urge to urinate?

Do you sometimes not make it to the bathroom on time?

Do you frequently go to the bathroom 8 or more times in 24 hours?

Do you get up 2 or more times during the night to go to the bathroom?

How long have you had these symptoms?
(Select one)

- < than a year
- 1-4 years
- 4 years
- Don't know