

Women's Guidelines for Health

Use this chart to help guide your checkups with your healthcare provider. This information was compiled from recommendations made by various healthcare organizations and generally applies to healthy individuals without a specific disease or additional risk factors. Because recommendations can vary depending on your situation, **be sure to talk with your physician to discuss and understand your personal health guidelines.** These include a personal or family history of heart disease or stroke, cancer, thyroid disease, diabetes, glaucoma, high cholesterol, osteoporosis, and other important medical conditions.

TEST	RECOMMENDED GUIDELINES
Weight	Annually
Blood Pressure	At least every 1-2 years
Cholesterol	At least once every 5 years
Immunizations	Tetanus-diphtheria: Every 10 years Influenza: Annually
Clinical Breast Exam	Annual exam by healthcare provider Monthly self-exam
Mammography	Annually
Pelvic Exam / PAP Smear	Every 1-3 years
Colon Cancer Screening	Annual stool blood test and flexible sigmoidoscopy every 5 years OR Colonoscopy every 10 years
Diabetes Screening	Every 3 years or per healthcare provider
Eye Exam	Every 2-4 years as indicated

These recommendations are compiled from multiple local and national sources, which may sometimes vary in their specific details. Risk factors may also change recommendations. Discuss with your physician and understand how these recommendations apply to your individual health profile; January 2002.

The Facts about Osteoporosis

Approximately 70% of fractures in individuals aged 45 years and older are related to osteoporosis, also known as thinning of the bones. Key risk factors for osteoporosis include being a woman, age, early onset of menopause, smoking, low dietary intake of calcium, and Caucasian or Asian ancestry. At first, osteoporosis may be present without causing symptoms, so discuss your risk profile with your physician. Steps you can take to prevent osteoporosis include engaging in weight bearing exercise (such as walking), consuming at least 1500 mg of calcium per day, and avoiding associated risk factors.

Prevention of Colon Cancer

Colorectal cancer is one of the most common cancers in both men and women. Approximately 131,000 new cases are expected in the United States this year. Key risk factors for colorectal cancer include a family history of colon cancer, and individuals with chronic inflammatory bowel disease (Crohn's Colitis and Ulcerative Colitis). The American College of Gastroenterology now recommends either a total colon exam by colonoscopy every ten years, or annual stool blood tests and a flexible sigmoidoscopy every five years. Talk to your physician about your risk factors and screening options.

The information on this card is not intended as medical advice and is not meant to be a substitute for individual medical judgment by a physician or other medical healthcare professional. The aim is to provide information and help in establishing guidelines for preventive care. Remember, always consult a healthcare provider for individualized advice on your health decisions.

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