



Wellness Checklist for Women

my southern health

Twenties

- Develop healthy habits, like quitting smoking, minimizing drinking and eating a balanced diet rich in fruits and vegetables, plenty of water, whole grains, lean protein and sufficient calcium to protect your bones.
- Create a regular exercise routine you enjoy and will stick with.
- Continue to buckle your seat belt – this is one of the most effective ways to save lives and reduce injuries in crashes.
- Schedule annual physicals and a Pap test every three years, beginning at age 21.
- Get the HPV vaccine, if you haven't already received it. Sexually active women should practice safe sex (i.e. use condoms), consider additional contraceptive options and be screened for sexually transmitted infections (STIs).
- Limit sun exposure.
- Check your blood pressure. Hypertension in women can have an early onset.

Thirties

- Exercise daily. Include cardiovascular, strength and flexibility training.
- Make sleep a priority. Strive for eight hours.
- Schedule a cervical cancer screening with Pap test and then repeat testing every 3-5 years until age 65.
- Find time to unwind. Chronic stress affects every system in a woman's body.

Forties

- Schedule a mammogram. Your provider can help evaluate your family history and schedule future exams.
- Schedule diabetes screening. Type 2 diabetes is increasingly common in women over the age of 40.
- Exercise and eat healthy. Metabolism slows and muscle mass starts to decrease in women in their 40s.
- Get a baseline cholesterol (lipid) level checked by age 45, or earlier if you have risk factors for heart disease.

Fifties

- Know your heart-health numbers. These include cholesterol, blood pressure and blood glucose.
- Get screened for colon cancer.
- Discuss menopause symptoms with your provider and whether hormone therapy is right for you.
- Maintain regular exercise.

Sixties

- Schedule a bone density test.
- Get pneumonia and shingles vaccines.
- Take safety precautions to reduce risk of falling or injury. Fifty percent of women with hip fractures never go back to pre-fall health.
- Eat healthy. Nutrition is more important than ever.
- Stay active mentally and physically.

Other Important Exams

- A dental exam and cleaning every six months.
- An eye exam every two years.
- A yearly physical exam and flu shot.
- Periodic skin exams by your provider.

To find women's health providers and locations close to you, call **(615) 343-5700** or visit VanderbiltHealth.com/WomensHealth.

Notes from Health Visits



EXAMS	DATES	NOTES
<input type="checkbox"/> Bone density exam		
<input type="checkbox"/> Colonoscopy		
<input type="checkbox"/> Dementia and Alzheimer's screening		
<input type="checkbox"/> Dental biannual exams and cleaning		
<input type="checkbox"/> Depression screening		
<input type="checkbox"/> Dermatology skin check-up		
<input type="checkbox"/> Diabetic screening		
<input type="checkbox"/> Eye check-up		
<input type="checkbox"/> Mammogram		
<input type="checkbox"/> OB/GYN Pap test		
<input type="checkbox"/> OB/GYN pelvic exam		
<input type="checkbox"/> Physical check-up		
<input type="checkbox"/> Thyroid disorder screening		
<input type="checkbox"/> Vaccine updates		