Intermountain® Healthcare

Preventive Care for Women: *Your plan*

What is preventive care?

Preventive care is what you do to keep from getting sick or to keep a sickness from getting worse. It means taking small actions now, when you may not have an illness or symptoms. To get good preventive care, you need to:

1. Know your risk factors
2. Have regular health checks
3. Get screened for cancer
4. Get immunized
5. Practice healthy habits

A preventive care visit with your doctor is a separate visit. It is not done at the same time as a visit for a recent or an ongoing condition.

Why is preventive care important?

Preventive care puts you in charge of your health. It lets you gauge your health today, and find out ways to protect it for the future. Preventive care helps you:

- Prevent disease
- Catch disease early, when more can be done about it
- Save time, money, and stress in the long run!

Using this fact sheet

Preventive care doesn't have to be difficult. In fact, most of the things you need to do only once, or not very often. This fact sheet will help you learn what to do, when to do it, and where to go. Here's how to get started:

- Fill out the checklist at right to learn more about your personal risks.
- See pages 2 and 3 to learn more about the tests, screenings, and immunizations. **These are covered by most insurance programs at no cost to members.**
- See page 4 to review your everyday habits and to make a plan for simple things you can do right away.

1. Know your risk factors

Risk factors are conditions or habits that make you more likely to get a disease. If you know your risk factors, you know what you need to be especially careful about. Your risk factors are influenced by these things:

- **Your personal health history.** Mark the conditions that have been a problem for you in the past.

  ☐ High blood pressure ☐ High glucose/diabetes
  ☐ High cholesterol ☐ Cancer, type: _____
  ☐ Overweight ☐ Low bone density
  ☐ Signs of depression ☐ Glaucoma
  ☐ Signs of cardiovascular disease

- **Your family history.** List diseases that have affected family members.

  What? Who? At what age?

  _____

  _____

  _____

- **Your lifestyle.** Mark risky habits that apply to you.

  ☐ Lack of physical activity, or long periods of sitting
  ☐ Tobacco use
  ☐ Alcohol use (more than 1 drink a day)

2. Have regular health checks.

These health checks provide information about your overall health. When you know this information, you and your doctor can make a plan for what to do about it.

HEALTH CHECK	WHEN and WHERE	YOUR RESULTS
Blood pressure High blood pressure can strain your arteries and heart, and can restrict blood flow to and from other body organs. This can lead to heart disease, stroke, kidney disease, and other problems.	• Check at least every 2 years, or at every office visit. • This can be done in many places.	**Blood pressure** ____ / ____ Date_____ ❑ **Normal range:** less than 120/80 ❑ **Prehypertension:** between 120/80 and 140/90 ❑ **High (hypertension):** 140/90 or higher
Blood cholesterol High cholesterol puts you at risk for coronary heart disease and stroke. The most accurate cholesterol tests require you to fast for 12 hours first.	• Check at least every 5 years, more often if you have heart disease or other risk factors. • Have this done by a healthcare provider.	Total Cholesterol _____ Date_____ HDL _____ LDL _____ What counts as normal depends on your other risk factors. Discuss your results with your doctor. ❑ Normal ❑ Borderline high ❑ High
Body mass index (BMI) and waistline **BMI** is a formula that uses your height and weight to estimate your body fat. Even if your BMI is normal, extra fat around your waist can lead to health problems. Try to keep your waistline under 35 inches.	• Check every year. • You can do this yourself. Find a BMI calculator or chart online or in a book. Measure your own waist.	**BMI**_____ Date_____ ❑ **Normal range:** BMI between 18.5 and 25, and waist below 35 inches ❑ **Overweight:** between 25 and 30, or waist over 35 inches ❑ **Obese:** 30 and above or waist over 35 inches
Physical activity Ask yourself these two questions: – On average, how many days a week do you do physical activity or exercise (such as a brisk walk)? – On average, how many total minutes of physical activity or exercise do you do on those days?	• Your doctor will also ask you these questions.	Date_____ ❑ Getting enough physical activity: you exercise at least 5 days a week for at least 30 minutes a day ❑ Need to get more physical activity: you exercise less than that
Depression Ask yourself these two questions: – During the past month, have I been bothered by feeling down, depressed, or hopeless? – During the past month, have I been bothered by feeling little interest or pleasure in doing things?	• Check when you feel it's necessary. • You can do this yourself or talk with your doctor.	Date_____ ❑ Not at risk: you answered no to both questions ❑ **At risk: you answered yes to one or both questions — talk to your doctor**
Glucose (blood sugar). High glucose puts you at risk for diabetes and for certain hormone problems.	• Check only if your doctor recommends. • Have this done by a healthcare provider.	Fasting blood glucose _____ Date____ ❑ **Normal range:** between 70 and 100 ❑ **Prediabetes:** between 100 and 125 ❑ Diabetes: over 125
Glaucoma Glaucoma is a condition where fluid pressure inside your eye slowly rises and damages your optic nerve. It's a leading cause of blindness.	• Check every 2 years starting at age 65; start at age 40 if at high risk. • See an optometrist or ophthalmologist.	Date_____ ❑ Normal pressure ❑ High pressure
Bone density Bone density tests check your risk for osteoporosis, a condition that makes your bones fracture more easily.	• Check one time after age 65. • Have this done by a healthcare provider.	Date_____ ❑ Normal ❑ Risk of osteoporosis ❑ Osteoporosis
Chlamydia Chlamydia is a sexually transmitted infection. It can cause pain, fever, and (rarely) sterility.	• Check yearly between ages 19 and 24, or if doctor recommends • Have this done by a healthcare provider.	Date_____ ❑ Have chlamydia ❑ Don't have chlamydia

3. Get screened for cancer.

If you catch cancer early enough, there's usually a lot you can do to get rid of it or slow it. If you catch it too late, it's often deadly. Getting screened gives you more control.

CANCER SCREENING	WHEN and WHERE	YOUR RESULTS
Colon cancer There are 3 different types of screening tests, all done on different schedules. If you've had a positive test in the past, they need to be done more often than recommended here.	• Check starting at age 50, earlier (usually 40) if you have a family history of colon cancer: – Stool check every year, OR – Sigmoidoscopy every 5 yrs, OR – Colonoscopy every 10 yrs. • Call your insurance provider to find out where to go.	Date_____ Type of test _____ Results _____
Breast cancer Breast cancer is the most common cancer in women. Here are three ways to screen for it: – Get to know your how your breasts normally look and feel so you can report any changes to your doctor. – Visit a hospital or clinic for a mammogram. Do this *before* your regular doctor visit, so your doctor can discuss the results. – Have your doctor check your breasts.	• Have your doctor check every 1 to 3 years until age 40, then every year after 40. • Get a mammogram every year, starting at 40. • Call your insurance provider for where to have a mammogram.	Date_____ ❑ Doctor check ❑ Mammogram Results _____
Cervical Screening for cervical cancer involves a Pap test and a pelvic examination.	• Between ages 21 and 29, screen every 3 yrs; after 30, if tests were negative, test Pap and HPV together every 5 yrs. • Have this done by a healthcare provider.	Date_____ Results _____
Skin cancer Skin cancer is most often caught during a self check. Look and feel for moles or freckles that are irregular in color or shape, or are changing in shape or size.	• If you notice changes, see your doctor for screening.	Date_____ ❑ Home check ❑ Doctor check Results _____

4. Get immunized.

Immunizations can be done in a doctor's office, or at a state or local health department. Flu immunizations are also available at many grocery stores and workplaces.

IMMUNIZATION	WHEN	COMPLETED DATES
Flu is a virus that changes every year, so the immunization you got last year won't help this year. Flu is a serious illness. Every year many people end up in the hospital, and some die from the flu.	• Every fall or winter	Completed ❑ Date ____ ❑ Date ____ ❑ Date _____
Pneumonia is an infection in your lungs that is usually caused by a type of bacteria. It's a serious illness, especially among older adults.	• One time after age 65 • One more time before 65 if you smoke or have asthma, COPD, heart disease, or diabetes	❑ Completed date _____
HPV is an immunization against human papilloma virus. Genital HPV is the most common sexually transmitted infection, and can cause cervical cancer. It is given as a series of 3 doses over a period of 6 months.	• Before age 26	❑ Completed date _____
Td booster or Tdap immunize against tetanus and diphtheria, which are both uncommon now. The bacteria that cause them are still common, though, and the illnesses can be life threatening.	• Every 10 years	❑ Completed date _____
Zoster is an immunization against shingles, a painful rash.	• One time after age 60	❑ Completed date _____
Other immunizations, including HepB, chicken pox, and MMR, should be completed if you didn't have them as a child.	• If not completed as a child	❑ Completed

5. Practice healthy habits. **Above all, having healthy habits every day is the best thing you can do to maintain good health and energy.** The habits below are important. Mark how you're doing.

	Doing great	Need to do better
• Get 30 minutes physical activity, 5 days a week. Reduce time sitting.	❑	❑
• Eat 2 cups of fruit and 2 to 3 cups of vegetables every day.	❑	❑
• Sleep 7 to 8 hours every night.	❑	❑
• Don't use tobacco.	❑	❑
• Limit alcohol to 1 drink a day or fewer.	❑	❑
• Wear a seat belt when driving or a helmet when riding.	❑	❑

Next steps

It may seem like there's a lot to think about here. Preventive care doesn't have to be difficult, though. Look at each step and write down one small thing you can do to get started. Then pat yourself on the back!

Make a list of simple things you can do right away

1 **Know your risk** *(For example, ask your mother at what age she started taking cholesterol medication.)*

_____

2 **Have regular health checks** *(For example, have your blood pressure checked next time you're at a medical office.)*

_____

3 **Get screened for cancer** *(For example, call your insurance company and find out where you can go for a colonoscopy.)*

_____

4 **Get immunized** *(For example, if it's fall or winter, get a flu shot.)*

_____

5 **Practice healthy habits** *(For example, go for a walk or a run today.)*

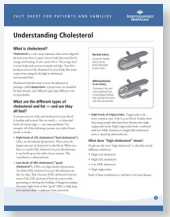
_____

Be sure to follow your doctor's recommendations

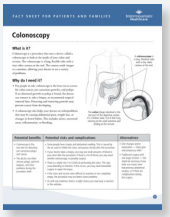
Based on your tests and screenings, your doctor may recommend activities, diet changes, or medications. Follow these recommendations to help you prevent illness and to have your best possible health and energy.

Intermountain resources *You can ask your healthcare providers for these Intermountain materials.*

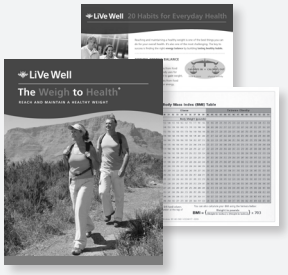
Blood pressure



Cholesterol



Colonoscopy



Weight management

Quitting tobacco

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