



Women's health during all life stages:

Two important notes regarding your annual exam:

Be sure to share family health history and any updates on a yearly basis. This history could be critical to the care and screenings that your doctor suggests to maximize your health.

Before your doctor visit, write down your questions in a notebook and list all the medications you take and refills you need. Bring the notebook with you so you can record your doctor's responses to your questions.

The Oakwood Center for Women's Health offers exceptional and compassionate care for women of all ages through education, diagnosis and quality treatment. With specialization in breast care, genetic counseling, maternity, gynecology and urogynecology, Oakwood offers the latest technology and amenities designed to ensure clinical excellence, comfort and convenience. To schedule your annual physical with an Oakwood physician, please call **800.543.WELL** or visit **oakwood.org**.

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A yearly wellness physical is important for every woman and doubly important for women after the age of 40. By age, here is a list of screenings and services your doctor should be performing during your annual physical.

Ages 18 – 39 years

- Height and weight
- Blood pressure
- Re-immunize for inoculations that have lapsed since childhood like tetanus and pertussis, get annual flu shot
- Cholesterol (check once in your 20's)
- Exam for breast lumps
- Pelvic exam and Pap smear
- Other personal concerns you would like to discuss

Ages 40 – 64 years

- Height and weight
- Blood pressure
- Re-immunize for inoculations that have lapsed since childhood like tetanus and pertussis, get annual flu shot
- Cholesterol
- Fasting blood sugar levels for signs of diabetes
- Exam for breast lumps
- Schedule a mammogram
- Pelvic exam and Pap smear
- Colonoscopy (age 50 for all, age 40 with family history and every 10 years after)
- Full body scan exam for suspicious moles or skin lesions
- Listen to heart and lungs
- Check abdomen, thyroid glands and lymph nodes for abnormalities
- Other personal concerns you would like to discuss

Ages 65 years and older

- Height and weight (Shrinking height could be sign of osteoporosis)
- Blood pressure
- Re-immunize for inoculations that have lapsed since childhood like tetanus and pertussis, get annual flu shot
- Ask about need for pneumococcal and shingles vaccination.
- Cholesterol
- Fasting blood sugar levels for signs of diabetes
- Exam for breast lumps
- Schedule a mammogram
- Pelvic exam and Pap smear
- Colonoscopy (age 40 with family history and every 5 years after)
- Full body scan exam for suspicious moles or skin lesions
- Listen to heart and lungs
- Check abdomen, thyroid glands and lymph nodes for abnormalities
- Bone density scan (every 2-5 years)
- Other personal concerns you would like to discuss