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## Health Screening for Women Age 18 to 39

### Why Preventive Care?

An annual review of your health history is very important. Even if you feel fine, it is important to see your doctor regularly to check for potential health problems. For instance, most people who have diabetes or high blood pressure are not even aware of that fact. Many health conditions do not cause any symptoms until the disease is advanced.

### In-Office Preventive Care:

You will be screened (or offered screening) for a number of health conditions, with lab tests or procedures that are done in our office. These include:

- Blood pressure screening for hypertension
- Weight monitoring and BMI calculation for obesity or overweight
- Screening for diabetes, if indicated
- Screening for high cholesterol
- Screening for depression
- Screening for certain infectious diseases

Your health history and family health history will be reviewed yearly. Tell us if there has been a change in your family medical history, as some diseases are inherited.

A clinical breast exam and gynecologic exam (unless you have had a complete hysterectomy) should be done every 2 to 3 years, beginning by age 21. You should have a Pap test every 2 to 3 years, unless you have had a hysterectomy. Screening for chlamydia will be offered.

We will periodically review your health habits, such as whether you exercise regularly, whether you eat a healthy diet, and whether you use tobacco or alcohol.

### Immunizations:

Your immunization history will be reviewed. Appropriate immunizations will be offered. Some vaccines are available at the pharmacy or Health Department for a reduced cost to you.

- Influenza vaccine ("Flu shot") every year
- Tetanus and pertussis vaccination (Tdap) every 10 years
- HPV Vaccine series (Age 18 to 26)
- Varicella vaccine, if you were born before 1980 and did not have chicken pox.

### Other preventive care:

- See your dentist at least yearly
- See your eye doctor at least every 3 years