

Recommendations for Routine Women's Health Care 2004
Family Medicine Specialists

	<i>AGES 25-50</i>	<i>OVER 50</i>
<i>Lifestyle and Nutrition</i>	Adequate Exercise Maintain Proper Weight Stress Reduction Bad Habits (Smoking/Alcohol/Drugs) STD's Safety Issues (seatbelts/helmets) Domestic Situations Sources of Calcium/Vitamin D >5 Servings Fruits/Vegetables Vitamins if Necessary Herbals if Interested	Adequate Exercise Maintain Proper Weight Stress Reduction Bad Habits (Smoking/Alcohol) Safety Issues (car and home) Eyes and Teeth Domestic Situations Sources of Calcium/Vitamin D >5 Servings Fruits/Vegetables Vitamins
<i>Immunizations</i>	Tetanus/Diphtheria every 10 Years	Tetanus/Diphtheria every 10 years Influenza every year Pneumonia vaccine if High Risk or >65
<i>Cancer Screening</i>	Cervix (PAP smear yearly) Skin (Self monthly, Doc yearly) Breast (Self monthly, Doc yearly; mammograms begin age 40)	Breast (exams and Mammogram every year until 75-80) Colon (colonoscopy every 10 years) Skin (Self monthly, Doc yearly) Cervix? (every 3 years?)
<i>Chronic Disease Screening</i>	Cholesterol Screening Diabetes Screening High Blood Pressure Depression	Osteoporosis Menopause Symptoms Cholesterol/Diabetes/High Blood Pressure Coronary Artery Disease Depression Medication and Herbal Interactions