

WHAT MAY BE DISCUSSED AT THE WELLNESS EXAM WITH MY PROVIDER?

Disease Prevention:

- Talk about a diet that includes a variety of fruit, vegetables, proteins, good fat, and grain products that are low in saturated fat (bad fat) and cholesterol.
- Regular physical activity can help prevent heart disease, high blood pressure, type 2 diabetes, obesity, and osteoporosis (weak bones).
- Talk about any changes you have made in your lifestyle, such as eating, exercise, social activities, or family life.

Sexual and Reproductive (female organ) Health:

- Discuss sexual concerns. Do you need birth control?
- Ask about the need for a PAP test with the provider, even if you had a hysterectomy.
- Are you menopausal? Talk about the new information about hormone replacement and whether it is right for you.

Breast Health:

- Review how to do self-breast exams.
- Talk about your chance of getting breast disease and why you should have a mammogram (X-ray of breast) every year.

Tobacco Use:

- If you smoke, your provider may talk about the effects smoking has on your body, especially your heart and lungs.
- Discuss the best ways to try to quit smoking.
- Learn about the dangers of second hand smoke.

Dental Health:

- How is your oral (mouth) health? Discuss how good practices of daily brushing, flossing and good nutrition can help prevent bad teeth, bad breath, infections and other health problems.

Mental Health:

- Are you showing signs of depression?
- Do you have large changes in your mood?

Substance Abuse:

- Do you drink alcohol and/or use prescription or non-prescription drugs?
- What is too much alcohol?

Injury Prevention and Immunizations (Shots):

- Why seatbelts and helmets should always be used.
- How can you protect yourself from injuries.
- What immunizations (shots) you need.

WHAT WILL THE PROVIDER CHECK AT THE WELLNESS EXAM?

- Height and weight.
- Body mass index (a measure of body fat based on height and weight).
- A cholesterol test should be done routinely, preferably after fasting (not eating) overnight.
- Are there symptoms of diabetes? If yes, a blood screen will be done.
- Colorectal cancer screening. Women ages 50 and older should be offered options for testing such as a FOBT every 1-2 years, sigmoidoscopy every 5 years, or colonoscopy every 10 years. Women at high risk for colorectal cancer, such as family history, may be screened more often.

- Women ages 50-64 need a PAP test (test of the mouth of the womb or uterus for cancer) every 1-3 years. How often you need a PAP test depends on your risk for getting cervical cancer.
- Your provider may check if you have symptoms of menopause.

- A breast exam is needed at every woman's wellness exam.
- A mammogram is needed every year.

- Your heart and lung sounds.
- Blood pressure should be checked at every visit.

- Oral exam of teeth, gums, throat and neck for signs of dental problems or problems with the mouth or neck.

- Signs of depression.
- Feelings of sadness, loneliness, anxiety, nervousness or anger.

- Exam of health of skin, eyes and abdomen (stomach area).
- Alcohol and drug use.

- Exam of strength and posture.
- Injuries or painful areas.
- A tetanus shot at least once during these years. There may be other shots needed, including the hepatitis vaccine.