

Women's Healthy Living: Annual Wellness Exam Questions – Ages 21 and under

Topics to Discuss with Your Provider:

- **Pregnancy:** Discuss birth control options or plans for pregnancy.
- **Weight & Diet:** Review your weight, eating habits, and exercise routine.
- **Substance Use:** Talk about tobacco, alcohol, and drug use.
- **Personal Safety:** Address any issues related to violence in your life.
- **Mental Health:** Discuss depression and other mental health concerns.
- **Family Health History:** Share any family history of cancer, heart disease, and diabetes.
- **Sun Protection:** Learn about protecting yourself from UV rays and tanning hazards.

Health Risks and Tests to Consider:

- Blood pressure
- Breast cancer prevention
- Chickenpox
- Flu
- Hepatitis A, B, and C
- HIV
- HPV
- Measles, mumps, and rubella
- Meningitis
- PAP test (starting at age 21 or if sexually active)
- Sexually transmitted infections
- Tetanus, diphtheria, and whooping cough
- Tuberculosis
- Urinary incontinence

Questions to Ask:

- Am I at higher risk for any conditions this year?
- What preventive screenings should I consider based on my family history?
- How can I improve my mental health?
- What dietary changes can I make for better overall health?
- How much protein, calcium, vitamin D, and iron should I be consuming?
- What are my options to reach and maintain my weight goals?
- What types of exercise are best for heart health?

Tips for Young Women:

- **Prioritize your annual checkup!** Even if you feel great, you still want to make sure you get your yearly physical.
- Visit your primary care provider for the first time around your first period to understand your body and reproductive health.
- Have conversations with your family members and keep track of your medical records for better health management.
- Don't hesitate to advocate for yourself if you feel your concerns are dismissed.

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- Keep tabs on your mental health. Mental illness can emerge in your 20s and 30s, especially with stressors such as transitioning to adulthood or becoming a parent. Ask your provider about mental health screenings (especially if you're postpartum). It could be that symptoms you thought were just part of life, including fatigue, distractedness, excessive worries, and trouble sleeping, are treatable symptoms related to underlying conditions.
- Maintain a balanced diet and regular sleep schedule to support overall health.
- Being open and honest with your healthcare provider is essential for receiving comprehensive care and ensuring that your health is managed effectively

Prioritizing these discussions during your annual wellness exam can help you stay informed and proactive about your health!

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