

## **Women’s Healthy Living: Annual Wellness Exam Questions – Ages 30 to 64**

Maintaining health in your 30s, 40s, 50s, and 60s is crucial as hormonal changes, stressors, and lifestyle habits evolve. Regular check-ups and proactive health discussions can help manage risks and promote overall wellness.

### **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.

### **Essential Questions to Ask:**

- Am I at risk for heart disease?
- What types of exercise can benefit my heart and brain?
- How can I protect my bone density?
- Which supplements are worth taking?
- Am I too young for perimenopause or menopause?
- How much protein do I need daily?
- What’s the ideal amount of sleep for me?
- Am I a candidate for weight-loss medications or surgeries?
- What is my personal cancer risk, and how can I reduce it?

### **Important Health Screenings:**

- **In Your 30s:**
  - Start cancer screenings (if high risk).
  - Regular STD testing based on sexual activity.
- **In Your 40s:**
  - Annual mammograms (starting at 40).
  - Begin colorectal cancer screenings (starting at 45).
  - Screen for diabetes and cholesterol levels.
- **In Your 50s and 60s:**
  - Continue mammograms and colonoscopies.
  - Discuss menopause symptoms and management options.
  - Evaluate heart disease risk and discuss prevention.

### **Healthy Habits to Adopt:**

- **Prioritize Self-Care:** Engage in mindfulness, yoga, or Pilates to manage stress.
- **Eat a Balanced Diet:** Focus on plant-based foods, limiting processed items.
- **Stay Active:** Aim for 4-5 workouts per week, combining cardio and strength training.
- **Maintain Sleep Hygiene:** Strive for 7-9 hours of quality sleep each night.

- **Keep Medical Records:** Organize your health history and any changes.

By prioritizing your health and staying informed, you can navigate the challenges of each decade effectively. Use this checklist to guide your discussions with your provider and take proactive steps towards a healthier life!