MOREHOUSE SCHOOL OF MEDICINE

WOMEN'S HEALTH

PREVENTION TIPS, DID YOU KNOW?

Cheryl Franklin, M.D., M.P.H., FACOG
Department of Obstetrics and Gynecology

WOMEN'S HEALTH TIPS

- All women should have a general health evaluation annually!
- All women should have an annual clinical breast examination as part of the physical examination.
- A mammogram should be performed every 1 2 years beginning at age 40 years and yearly beginning at age 50 years.
- Cervical cancer screening with a pap smear should begin approximately 3 years after sexual debut but no later than 21 years. Women younger than 30 years should have yearly Pap smear screening. Women 30 years and older with three consecutive negative pap smears may be screened every 2 years.
- Beginning at age 50, all persons should be screened for colorectal cancer with a colonoscopy every 10 years.
- Breastfeeding and human milk provide benefits to infants, women, families, and society.
- Women who will be pregnant during the influenza season (October through mid May) should be vaccinated.
- Know your body mass index (BMI)
  - Normal weight – BMI of 18.5 – 24.9; Overweight – BMI of 25 – 29.9 and Obesity – BMI of 30 or higher.
  - Obesity: Class I – BMI of 30 34.9; Class II– BMI of 35 – 39.9; Class III or Extreme Obesity – BMI of 40 or higher.
- Bone mineral density testing should be performed in all postmenopausal women age 65 years or older to screen for osteoporosis.
- The Institute of Medicine recommends that women ages 31 – 50 years should take 1000mg of Calcium daily.
- The institute of Medicine recommends that women ages 51 years and older should take 1200 mg of Calcium daily.
- Women who have had unprotected intercourse are candidates for emergency contraception.