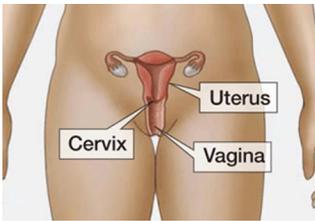


Women's Health: Screenings

Screening	When I Need It	What It Is
<p style="text-align: center;">Clinical Breast Exam</p> 	<p style="text-align: center;">Every Year*</p>	<ul style="list-style-type: none"> • A physical exam of the breasts by a provider. • Used to screen for breast cancer. • The provider will look and feel the breasts and underarms for anything that is not normal or any signs of breast cancer. • There are no risks to this examination.
<p style="text-align: center;">Mammogram</p> 	<p style="text-align: center;">Every Two Years*</p>	<ul style="list-style-type: none"> • An x-ray of the breasts. • It looks for changes that are not normal. • It is most commonly used to check for breast cancer.
<p style="text-align: center;">Pap Smear</p>  	<p style="text-align: center;">Every Three Years*</p>	<ul style="list-style-type: none"> • A manual and visual exam of the cervix by a provider. • The provider will insert a speculum into the vagina and swab. The provider will also feel inside the vagina with their hands. • It is used to check for sexually transmitted infections, HPV, and cervical cancer. • Women who have gone through menopause still need pap smears. • HPV <ul style="list-style-type: none"> • Is a virus passed through having oral, anal, and vaginal sex. • It infects the reproductive areas of men and women. It can also infect the mouth or anus. • It is a risk factor for cervical cancer. • Women under 26 can be vaccinated against HPV.

* Please talk to your provider for more information about what is right for you.

Women's Lifetime Health

Things To Look For

Reproductive Health

- Use protection.
 - Condoms are the best way to protect yourself against sexually transmitted disease.
- Get tested.
 - Talk with your partner about testing for HIV and sexually transmitted diseases.
 - Get regular pap smears.
- Positive Relationships.
 - If you suffer from violence talk with your provider.

Family Planning

- Condoms.
 - Prevent against pregnancy and sexually transmitted infections.
 - Use during anal, oral, and vaginal sex.
 - Only use once.
- Oral Contraceptives.
 - Prevents pregnancy.
 - Does not prevent sexually transmitted infections.
 - Take 1 pill every day.
- Depo Provera Injection.
 - Prevents pregnancy.
 - Does not prevent sexually transmitted infections.
 - Receive an injection every 3 months.
- Intra-uterine Device.
 - Prevents pregnancy.
 - Does not prevent against sexually transmitted infections.
 - It is a copper or plastic device that is inserted into the cervix.
 - Depending on the type, it can stay in the uterus for 5– 12 years.



Menopause

- Menopause affects every woman as they age.
- Symptoms include: irregular periods, hot flashes, weight gain and bloating, headache, insomnia, and emotional changes.
- Menopause causes a decrease in bone mass. This can increase the risk for broken or fractured bones.