

Immunizations¹

In a woman's life, immunizations help to reduce risk of infection to certain illness.

THE FOLLOWING IS A LIST OF THE MOST COMMON VACCINES:

<input checked="" type="checkbox"/> TD booster	An injection to immunize against tetanus and diphtheria
<input checked="" type="checkbox"/> TDAP booster	An injection to immunize against tetanus, diphtheria, and pertussis
<input checked="" type="checkbox"/> Human papillomavirus (HPV) vaccine	A series of up to three injections to immunize against certain types of HPV
<input checked="" type="checkbox"/> Influenza vaccine	An injection to help prevent influenza (the flu)
<input checked="" type="checkbox"/> MMR vaccine	An injection to immunize against measles, mumps, and rubella
<input checked="" type="checkbox"/> Varicella vaccine	A series of two injections to help prevent chickenpox
<input checked="" type="checkbox"/> Herpes zoster vaccine (SHINGRIX)	A series of two injections to help prevent shingles: painful blisters caused by varicella (for women 50+ years old)



1. The American College of Obstetricians and Gynecologists. Your Annual Health Care Visit. Accessed on December, 2018 from <https://www.acog.org/About-ACOG/ACOG-Departments/Annual-Womens-Health-Care/Your-Annual-Health-Care-Visit?isMobileSet=false>.
2. Center for Disease Control and Prevention. Sexually Transmitted Diseases (STDs). Accessed on December, 2018 from <https://www.cdc.gov/std/default.htm>.
3. Center for Disease Control and Prevention. STDs & Infertility. Access on December, 2018 from <https://www.cdc.gov/std/infertility/default.htm>.
4. Donders, GGG., Vereecken, A., Bosmans, E., Dekeersmaecker, A., et al. Definition of a type of abnormal vaginal flora that is distinct from bacterial vaginosis: aerobic vaginitis. Br J Obstet Gynecol. 2002. 109: 34-43.

About Your Annual Visit

A COMPLETE GUIDE TO YOUR WELLNESS EXAM

Having an annual healthcare visit is a great opportunity to take charge of your health. Routine healthcare visits can help find problems before they begin and prevent them. If problems are found early, they may be easier to treat and less likely to pose serious risks to your health.

Depending on your personal needs, this visit may involve:¹



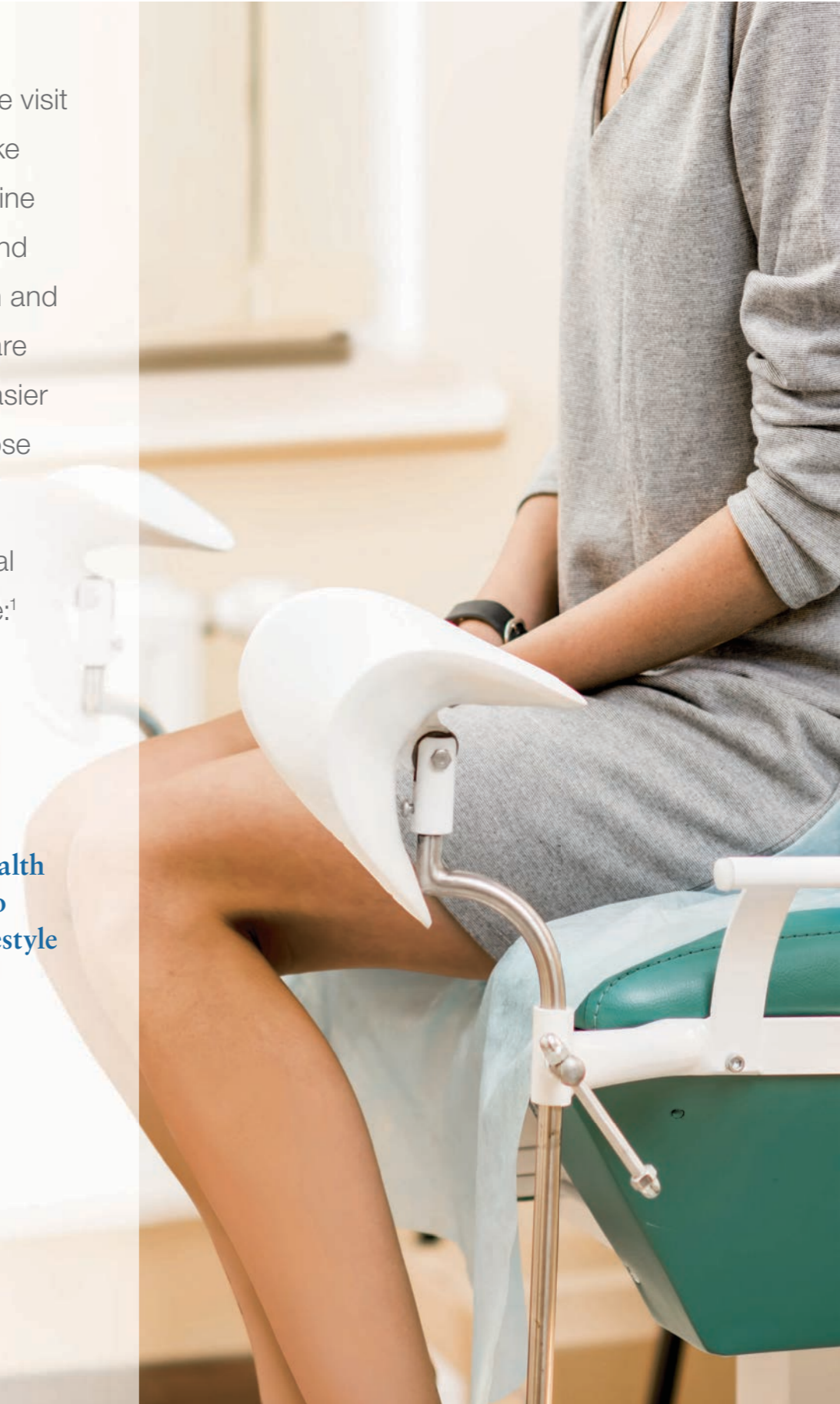
Exams and screening tests



Discussion of health topics relevant to your age and lifestyle



Vaccinations



Exams and Screening Tests¹

The physical part of an exam gives your doctor information about your overall health. Routine screenings and tests done by your healthcare provider can help prevent health problems before they begin.

Health Topic Discussion¹

Discussing your lifestyle, habits and hygiene is as important as the physical part of your exam. Talking to your healthcare provider about any concerns you may have can help prepare you for a changing lifestyle.

INSURANCE AND GENERAL INFORMATION



When you arrive at your healthcare provider's office, you may need to complete some basic information about yourself, your insurance and your family history.

BASIC EXAM



Review family history, measure height, weight and blood pressure to determine if you have or may be at risk for:

- Cardiovascular issues
- Thyroid issues
- Diabetes
- Obesity
- Hereditary cancer

PELVIC EXAM



1. **External exam:** your healthcare provider will visually examine the outside of your genital area and feel your abdomen for lumps
2. **Internal exam:** your healthcare provider may examine your reproductive organs and collect any samples needed for testing

INTERNAL EXAM, INCLUDING TESTING



Overall vaginal health testing like STI screenings help protect your overall wellness. Based on your age and lifestyle, your healthcare provider may recommend certain tests, whether you have symptoms or not.

- Chlamydia, gonorrhea and mycoplasma genitalium are common STIs that can be present with or without symptoms and if left untreated, they can lead to infertility
- A pap smear and HPV screening are two tests used to screen for cervical cancer, one of the most preventable cancers¹
- Bacterial vaginosis (BV), aerobic vaginitis (AV) and yeast infections are common infections (not sexually transmitted) that cause vaginal discharge and discomfort
- Other types of STIs include herpes, trichomoniasis, HIV and more. Talking with your healthcare provider to determine if you are at risk is a good way to get/obtain information¹

BREAST EXAM



1. **In office exam:** your healthcare provider will circle your breasts with their hands, feeling for lumps or other unusual tissue
2. **Mammogram:** an x-ray of your breast used to detect and diagnose breast cancer. You can have a mammogram every year starting at age 40, consult your doctor for this decision



MENTAL AND EMOTIONAL WELLNESS

- Relationships with friends, family, significant others
- Depression or anxiety
- Big changes in work or personal life
- Gender or identity
- Diet and exercise
- Eating disorders



UTERINE HEALTH

- Menstruation (your period)
- Contraception options and safe sex practices
- Pregnancy and family planning
- Menopause (12 months after a woman's last period)

