

# Well-Woman Exam

Schedule a yearly evaluation of your reproductive and overall health.



**HOLOGIC®**

# What is it?

Your well-woman exam is an annual visit with your healthcare provider. It's part discussion and part physical exam. It also involves any testing, counseling or immunizations you require depending on your age, lifestyle and medical history. While some topics may feel embarrassing or uncomfortable to talk about, your healthcare provider is here to help without judgment.



## What to Expect

You may need to fill out a medical history form about yourself and your family. Once your healthcare provider reviews your medical history, he or she will talk with you about your present-day life.

### **Uterine Health<sup>1</sup>**

- Menstruation (your period)
- Irregular or abnormally heavy periods
- Menopause (the end of your period)
- Pregnancy and family planning

### **Sexual Activity<sup>1</sup>**

- Contraception options and safe sex practices
- Counseling and additional help with any sexual abuse or assault
- Sexually transmitted infections (STI) awareness

### **Nutrition and Exercise<sup>1</sup>**

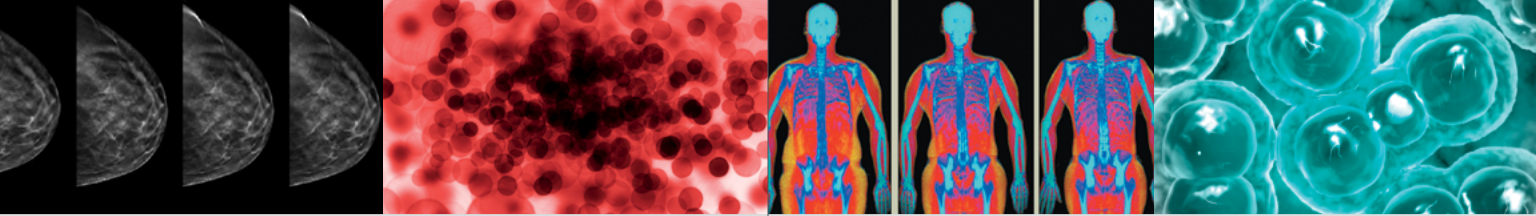
- Exercise
- Diet and unusual weight gain or loss
- Problems with eating disorders

### **Mental and Emotional Health<sup>1</sup>**

- Relationships with friends, family, significant others
- Depression or anxiety
- Big changes in work or personal life
- Gender or identity

### **What is AUB?**

Abnormal uterine bleeding is heavy menstrual bleeding lasting more than 7 days. It may require double protection and affect quality of life.<sup>2</sup> It's estimated that about 10 million women — 1 in 5 — are affected by heavy periods.<sup>3</sup>



# Physical Exam & Screening

Your physical exam gives your provider a good idea of your overall health and determines if you're at risk for any health problems. The type of exams and screening may include:

## Basics<sup>1</sup>

Height/weight/blood pressure measurements.

Check your risk for:

- Heart disease
- Thyroid disorder
- Diabetes
- Obesity

## Breast Exam<sup>1</sup>

- **Clinical Exam:** A physical exam during which your provider will circle your breasts and feel for lumps or other unusual tissue.
- **Mammogram:** An X-ray of your breasts to detect abnormalities that may not be obvious from a clinical exam. There is a lot of confusion around when to start getting mammograms and how often to receive them. If you and your doctor agree, you can have a mammogram every year starting at age 40.

### Early detection saves lives.

Ask your doctor whether it's time for you to get a mammogram. When cancer is detected early, the 5-year survival rate is nearly 100%.<sup>4,5</sup>

## Pelvic Exam<sup>1</sup>

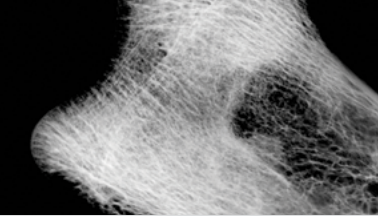
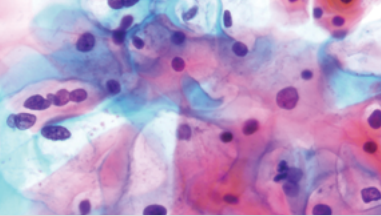
During your external pelvic exam, your healthcare provider will visually examine the outside of your genital area and feel your abdomen for lumps or anything out of the ordinary. You may also receive an internal exam, enabling your provider to better examine your reproductive organs and take any samples needed for testing.

## STI Testing<sup>1</sup>

STI testing is an important part of protecting your reproductive health and fertility. Your provider may recommend certain testing based on your age, while other tests may be right for you depending on the presence of symptoms or if you have an increased level of risk.

- **Chlamydia and gonorrhea** are common STIs that can be present with or without symptoms. Without treatment they can lead to infertility.
- **Trichomoniasis, bacterial vaginosis (BV)** and yeast infections are common causes of vaginitis, which is inflammation of the vagina. Trichomoniasis is an STI, while BV and yeast infections are not. Vaginitis can cause itching, abnormal discharge and discomfort. Untreated trichomoniasis is linked to pregnancy complications and a higher chance of being infected with other STIs.
- **Other types of STIs** you should be familiar with include herpes, syphilis, HIV, hepatitis B and more.





## Physical Exam & Screening (continued)

### Cervical Cancer Screening<sup>1</sup>

There are several tests available for cervical cancer screening.

- **Pap Test:** A Pap test involves a simple sample of cells taken from your cervix (the top part of your vaginal canal that connects to your uterus). These cells are examined to check for pre-cancerous and cancerous cells. If you are 21-29 years old, Pap testing alone is recommended.<sup>6</sup>
- **Pap + HPV Together (co-testing):** Pap + HPV together combines Pap testing with HPV testing, through which your provider will determine whether you have human papillomavirus (HPV), the virus responsible for cervical cancer. If you are 30- 65 years old, Pap+HPV together is recommended.

### Colorectal Cancer Screening<sup>1</sup>

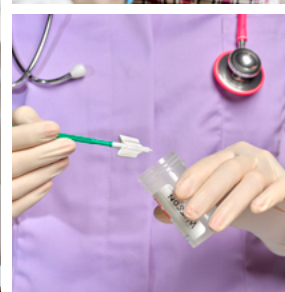
Colorectal cancer screening detects colon and rectum cancer. A colonoscopy is the most common type of screening method, in which a small camera is used to examine your colon. There are other colorectal cancer screening options you may discuss with your provider.

### Bone Density Testing<sup>1</sup>

The bone density test helps estimate the density of your bones and your chance of breaking a bone. You will receive this test if you are age 65 years or older, or younger than 65 with a risk of fracture. Your provider can discuss ways to protect your bone health, including levels of calcium and Vitamin D appropriate for your age.

## What exams are right for you?

The American College of Obstetricians and Gynecologists (ACOG) recommends different types of tests and immunizations depending on your age.<sup>1</sup> If you have certain risk factors, you may need additional exams or tests.<sup>1</sup> Your provider will help you determine what's most appropriate.





## Adolescents

13-18 years<sup>1</sup>

If you are 13-18 years old, you may just be transitioning from pediatric care and building a relationship with a new healthcare provider.

### STI Testing<sup>9</sup>

Get tested for chlamydia, gonorrhea and HIV if you are sexually active. You may require testing for other STIs if you are in a high-risk group.

### Evaluation and Appropriate Testing

Your provider will evaluate your risk for certain diseases and take a general evaluation of your health.

### Immunizations

You may require immunizations for diphtheria, hepatitis B, HPV, influenza, measles, meningitis and varicella.

### Visual Exam

Your provider will perform a visual examination of your breasts and pelvic area when appropriate.

Speak with your provider to determine what tests and immunizations are right for you and how often you should receive them.

## Reproductive

Age 19-39 years<sup>1</sup>

Your well-woman visits during ages 19-39 years may include family planning, contraception discussion, the beginning of cervical cancer screening and more.

### STI Testing<sup>9</sup>

Receive annual chlamydia and gonorrhea testing if you are sexually active and younger than 25 years old or if you are age 25 or older in a high-risk group. If you have not previously been tested or are in a high-risk group, you should also receive HIV testing.

### Cervical Cancer Screening<sup>6</sup>

If you are age 21-29, screening with Pap testing is recommended. If you are age 30-65, Pap + HPV together (co-testing) is preferred.

### Breast Exam

Begin annual clinical breast exams at age 20. Perform regular breast self-exams at home.

### Immunizations

You may receive immunizations for diphtheria, HPV, influenza, measles, meningitis and varicella.



## Mature Women

40-64 years<sup>1</sup>

If you are between 40-64 years old, you will continue with some screening you've done previously and start other screenings for the first time.

### Breast Exam

At age 40, you may begin annual mammograms. You should also receive a yearly clinical breast examination and continue monthly at-home exams.

### Cervical Cancer Screening<sup>6</sup>

If you are ages 30-65 years old, Pap + HPV together (co-testing) is the preferred screening method.

### Bone Density Testing

Bone density testing is recommended if you are either postmenopausal or if you are younger than 65, but are at an increased risk of bone fracture.

### Immunizations

Your immunizations may include diphtheria, herpes, influenza, measles and varicella.

### Other Screening

- Colonoscopy or alternative test
- Diabetes testing
- Lipid profile assessment
- Hepatitis C testing: Once for women born 1945-1965 who are unaware of their infection status
- HIV and other STI testing of your breasts and pelvic area when appropriate.

## Senior Women

65 years and older<sup>1</sup>

If you are age 65 or older, you may stop having some screenings and begin others for the first time.

### Cervical Cancer Screening<sup>6</sup>

If you are 30-65 years old, Pap + HPV together (co-testing) is preferred. Women over 65 years do not require screening after adequate prior negative screening results.

### Bone Density Testing

If you are 65 years old or older, you should undergo bone density testing.

### Breast Exam

You will continue to receive a yearly mammogram and clinical breast examination if you are 65-74 years old, while you continue conducting monthly at-home breast exams. If you are age 75 or older, speak to your healthcare provider to determine if you should continue with exams.

### Immunizations

Your provider may provide vaccinations for diphtheria, herpes, influenza, pneumonia and varicella.

### Other Testing

- Colonoscopy or colorectal screening
- Diabetes testing
- Lipid profile assessment
- Hepatitis C testing: Once for women born 1945-1965 who are unaware of their infection status
- Thyroid-stimulating hormone testing
- Urinalysis

# Is there a co-pay for my Well-Woman Visit?

It's covered under the Affordable Care Act.<sup>10</sup>

- ✓ No co-pay
- ✓ No deductible
- ✓ No out-of-pocket cost

**Schedule your well-woman exam today.**

Date:

Time:

Doctor:

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