

HOLOGIC®

# Well-Woman Exam

Schedule a yearly evaluation of your  
reproductive and overall health.



# What is it?

Your well-woman exam is an annual visit with your healthcare provider. It involves a physical exam and discussion around testing, counseling or immunizations you need depending on your age, lifestyle and medical history.



# What to Expect

You may need to fill out a medical history form for yourself or family. Once your healthcare provider reviews this, they 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 assistance with sexual abuse or assault
- Sexually transmitted infections (STI) awareness and testing

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

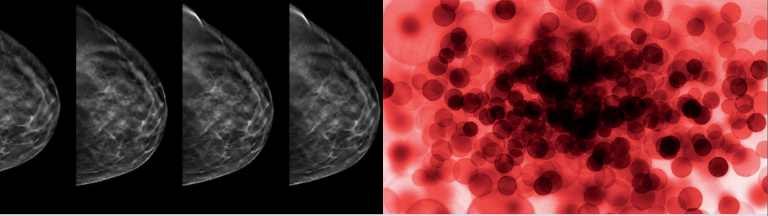
- Exercise and diet
- Diet and unusual weight gain or loss
- Problems with eating disorders

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

- Relationships with friends, family, partners
- 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 whether you're at risk for any health problems. Exams and screening may include:

## Basics<sup>1</sup>

Height/weight/blood pressure measurements.

Check your risk for:

- Heart disease
- Thyroid disorder
- Diabetes
- Obesity

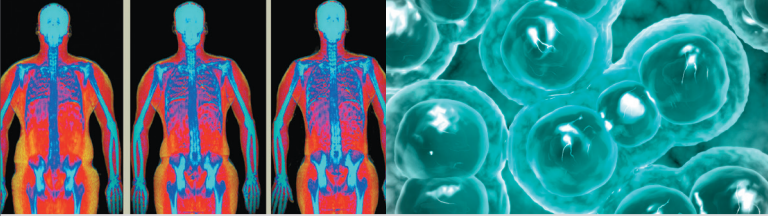
## Breast Exam<sup>1</sup>

- **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>

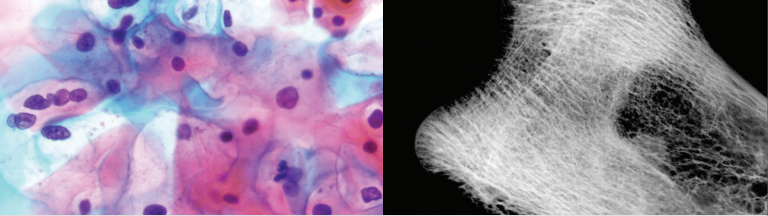
During your external pelvic exam, your healthcare provider will visually examine the outside of your genital area and feel your abdomen for lumps or anything out of the ordinary. You may also receive an internal exam, enabling your provider to better examine your reproductive organs and take any samples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

For example, abnormal discharge or other symptoms could be a sign of an underlying infection or STI, so it's important to talk to your doctor to get accurately diagnosed and treated.

- **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. Vaginitis can cause itching, abnormal discharge and discomfort. Trichomoniasis is an STI, while BV and yeast infections are not. 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, *Mycoplasma genitalium* (M. gen), syphilis, HIV, hepatitis B and more.



## *Physical Exam & Screening (continued)*

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

There are several tests for cervical cancer screening:

- **Pap Test:** A Pap test involves a sample of cells taken from your cervix (the top part of the vaginal canal that connects the uterus). The sample is 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, allowing your provider to 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 examines 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 one. You receive this test if you are 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 levels appropriate for your age.

\*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)

# What's 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 is appropriate.





# Adolescents

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

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

## **STI Testing<sup>7</sup>**

Get tested for chlamydia, gonorrhea and HIV if you are sexually active. You may require testing for other STIs depending on your lifestyle.

## **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>7</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. You may also require HIV testing.

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

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

## **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.

\*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)



# Mature Women

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

**If you are between 40-64 years old, you will continue some screening you've done previously and start other screenings.**

## **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 30-65 years old, Pap + HPV together (co-testing) is the recommended 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 when appropriate

\*There are two additional screening methodologies also recommended in this age group. For more information, see the April 2021 ACOG Practice Advisory. (<https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>)



# Senior Women

65 years and older

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

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

Women over 65 years do not require screening after adequate negative results.

## **Bone Density Testing**

If you are 65 years 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 75 or older, speak to your healthcare provider to determine if you should continue 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>8</sup>

This may mean:

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

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

Date:

Time:

Doctor:

\*Patients should consult their healthcare plans to verify coverage.

**References:** **1.** ACOG. Well-Woman Visit. <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2018/10/well-woman-visit>. Published October 2018. Accessed October 26, 2021. **2.** CDC. Heavy Menstrual Bleeding. <https://www.cdc.gov/ncbddd/blooddisorders/women/menorrhagia.html>. Updated August 28, 2015. Accessed October 26, 2021. **3.** National Women's Resource Center. Survey of Women Who Experience Menstrual Bleeding. Data on File. 2005. **4.** McDonald ES, Oustimov A, Weinstein SP, et al. Effectiveness of Digital Breast Tomosynthesis Compared With Digital Mammography. *JAMA Oncol*. 2016. **5.** National Breast Cancer Foundation, Inc. Stages 0 & 1: what does it mean to have stage 1 breast cancer? National Breast Cancer Foundation, Inc. <https://www.nationalbreastcancer.org/breast-cancer-stage-0-and-stage-1>. Accessed October 26, 2021. **6.** ACOG. Women's Health Care Physicians. <https://www.acog.org/clinical/clinical-guidance/practice-advisory/articles/2021/04/updated-cervical-cancer-screening-guidelines>. Released April 2021. Accessed October 21, 2021. **7.** Workowski KA, et al. Sexually Transmitted Infections, 2021. *MMWR Recomm Rep* 2021;70. **8.** Conry JA, et al. Well-Woman TaskForce: Components of the Well-Woman Visit. *Obstet Gynecol*. 2015;126(4):697-701. doi:10.1097/AOG.0000000000001055.

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