

# WOMEN'S HEALTH JOURNEY



**You're the heartbeat of your family.**

You show up for everyone: your kids, your parents, your partner, your community. Now show up for your own health.

**Here's the truth:**

Taking care of your health is making sure you'll be here for all the moments that matter. This roadmap is your yearly guide. Even when you feel fine, these checkups protect your future.

***START TODAY, NOT MAÑANA.***

“ ”

**“ I ALWAYS PUT MY FAMILY FIRST. Doctor appointments were last on my list. Then my daughter told me, 'Mom, we need you healthy.' THAT CHANGED EVERYTHING.”**

*Destiny, San Antonio mother and grandmother.*

**1**

## **TAKE YOUR FIRST STEPS**

- Find a health provider.
- Schedule your yearly checkup.
- Bring this guide with you.

**2**

## **NO INSURANCE?**

You still have options.

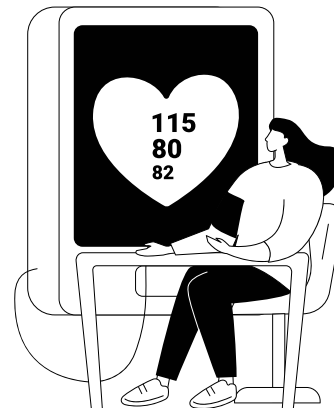


**Wellness  
Cultura.org**

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## ***THE BASICS***

- Check-ups and screenings
- Vaccines
- Mental health
- Lifestyle



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## ***CHECK-UPS & SCREENINGS***

**See your primary care provider and eye doctor every year, your dentist every 6 months, and hearing checks as needed.**

Even when nothing hurts. That's when prevention works best.

An annual check-up is sometimes called a well-woman exam; it covers everything, including your reproductive health.



### **Know your numbers:**

Blood pressure, blood sugar, cholesterol, and weight.

These numbers tell your story.



## 5 VACCINES

- Get your yearly COVID and flu shots.
- Every 10 Years: Tetanus, diphtheria, and acellular pertussis (Tdap) vaccine
- If you are pregnant, an RSV vaccine may be recommended



## 6 YOUR WHOLE MENTAL HEALTH

- Feeling stressed, worried, or down? That's not weakness, that's life. Talk to your health provider.
- Depression and anxiety can be treated.



## 7 LIVING WELL EVERY DAY

- Take Care of Your Body: Move it. Feed it well. Rest it.
- Wear sunscreen. Stay close to your people and what gives you peace.

# IN YOUR 20S & 30S

Building your foundation



### TALK TO YOUR DOCTOR ABOUT:



Alcohol, smoking, and drug use



Pap test every 3 years in your 20s. Pap and HPV tests every 5 years starting at 30



Birth control and family planning



Safety check (your provider asks if you feel safe at home)



Breast cancer screening



Sexually transmitted diseases tests (STD) Human Immunodeficiency Virus (HIV) and Hepatitis C tests as needed.



Human papillomavirus (HPV) vaccine (if you didn't get it as a teen)



Skin checks



# IN YOUR 40S

Staying strong as life gets busier

Everything from before, plus:

## NEW CONVERSATIONS:

You can get the HPV vaccine until age 45 if needed.



Perimenopause and menopause - Your body is changing.



Bladder leakage – it's common and treatable.



## STARTING AT 40:

Colon Cancer screening (starts at age 45 and every 10 years after)



Mammogram every year (breast cancer screening)



Pap test every 3 years in your 20s. Pap and HPV tests every 5 years starting at 30



# IN YOUR 50S

Protecting what you've built

Everything from before, plus:

## NEW CONVERSATIONS:



Lung screening (if you've smoked)



Pneumonia vaccine



Respiratory syncytial virus (RSV) vaccine (if you're at higher risk)



Shingles vaccine (2 doses)

## KEEP GETTING:



Yearly mammograms, Pap tests every 5 years, colon screening every 10 years



See the

## OLDER ADULTS ROADMAP

for your complete guide.



**YOU MATTER. YOUR HEALTH MATTERS. YOUR FAMILY NEEDS YOU HERE.**



## **MY HEALTH CHECKLIST**

### **BASIC CHECKS:**

- Blood pressure, blood sugar, cholesterol, weight
  - Breast exam
  - Hearing and vision
  - Mental health talk (stress/anxiety/depression)
  - Safe sex/family planning/ STD, HIV, and Hepatitis C testing
  - Safety/domestic violence check
  - Skin check
  - Smoking/drinking talk
- .....

### **BASED ON MY AGE, I ALSO NEED:**

- Bladder leakage talk (if needed)
  - Colon screening (45+, every 10 years)
  - Lung screening (50+ if I smoke/smoked)
  - Mammogram (40+, yearly)
  - Pap/HPV tests
  - Perimenopause / Menopause talk (30s-50s)
- .....

### **VACCINES. I'M DUE FOR:**

- COVID (yearly)
- Flu (yearly)
- HPV (if I haven't had it) (up to 45, one time)
- Pneumonia (50+, one time)
- RSV (50+ if higher risk)
- Shingles (50+, 2 doses)
- Tetanus, diphtheria, and acellular pertussis (Tdap) vaccine (every 10 years)
- Other: \_\_\_\_\_

This campaign was made possible by Bexar County.

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**WESTCARE**  
50 YEARS

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**AHEC**