<table>
<thead>
<tr>
<th>Screening</th>
<th>When I Need It</th>
<th>What It Is</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Breast Exam</td>
<td>Every Year*</td>
<td>• A physical exam of the breasts by a provider.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• The provider will look and feel the breasts and underarms for anything that is not normal or any signs of breast cancer.</td>
</tr>
<tr>
<td>Mammogram</td>
<td>Every Two Years*</td>
<td>• An x-ray of the breasts.</td>
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<tr>
<td></td>
<td></td>
<td>• It is most commonly used to check for breast cancer.</td>
</tr>
<tr>
<td>Pap Smear</td>
<td>Every Three Years*</td>
<td>• A manual and visual exam of the cervix by a provider.</td>
</tr>
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<td></td>
<td></td>
<td>• It is used to check for sexually transmitted infections, HPV, and cervical cancer.</td>
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<tr>
<td></td>
<td></td>
<td>• HPV</td>
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<tr>
<td></td>
<td></td>
<td>• Is a virus passed through having oral, anal, and vaginal sex.</td>
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<td></td>
<td></td>
<td>• It is a risk factor for cervical cancer.</td>
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<td></td>
<td></td>
<td>• Women under 26 can be vaccinated against HPV.</td>
</tr>
</tbody>
</table>

* 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.