

Women's Health Guide

Check Out these resources for more information:

www.WomensHealth.gov

www.KapiolaniWoman.org

www.hmhb-hawaii.org

www.Queens.org

www.kp.org

www.pphi.org

www.AlohaCare.org

www.HMSA.com

www.ACOG.org

— This message is brought to you by: —

AlohaCare

American College of Obstetricians and Gynecologists,
Hawaii Section

Hawaii State Commission on the Status of Women

Hawaii State Department of Health

Healthy Mothers Healthy Babies Coalition of Hawaii

HMSA

Kaiser Permanente

Kapi'olani Women's Center

Planned Parenthood of Hawaii

The Queen's Women's Health Center

Celebrate

Your Body
Kou Kino

Your Mind
Kou Mana'o

Your Spirit
Kou 'Uhane

Your Health
Kou Olakino

2011

(808) 1167-0232 x/08 RAP

Check In with yourself. What positive steps are you taking to keep yourself healthy and happy?

Check Up Call your health care provider. Appointments and screenings are a simple step you can take to maintain and improve your health.

Screening Tests	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 and Older
General Health Full checkup, including weight and height as well as: • Tobacco & alcohol use • Mental health screen • Thyroid (TSH) test • Skin and mole exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
HIV test	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	At least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.	Discuss with your doctor or nurse.
Heart Health Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health Bone density test			Discuss with your doctor or nurse.	At least once. Talk to your doctor or nurse about repeat testing.
Diabetes Blood glucose or A1C test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years	Every 3 years
Breast Health Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Clinical Breast exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Reproductive Health Pap test	Every two years starting at age 21. Women 30 and older, every 3 years.	Every 3 years	Every 3 years	Discuss with your doctor or nurse.
Pelvic exam	Yearly beginning at age 21. Younger than 21 and sexually active, discuss with your doctor or nurse.	Yearly	Yearly	Yearly
Chlamydia test	Yearly until age 25 if sexually active. Age 26 and older, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Colorectal Health Many tests can screen for colorectal cancer			Talk to your doctor or nurse about which test is best for you and how often you need it.	Talk to your doctor or nurse about which test is best for you and how often you need it.

Get Personal These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to meet your health care needs.

Screening Tests	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 or Older
Eye and Ear Health Comprehensive eye exam	Discuss with your doctor or nurse.	Get a baseline exam at age 40, then every 2-4 years or as your doctor advises.	Every 2-4 years until age 55, then every 1-3 years until age 65, or as your doctor advises.	Every 1-2 years
Hearing screening	Every 10 years	Every 10 years	Every 3 years	Every 3 years
Oral Health Dental and oral cancer exam	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.	Routinely; discuss with your dentist.
Immunizations Influenza vaccine	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)	Every fall (or winter)
Tetanus, diphtheria, pertussis (Td, Tdap) vaccine	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.	Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough.
Varicella (chickenpox) vaccine	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.	If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your doctor or nurse if you need this vaccine.
Human papillomavirus (HPV) vaccine	You need this vaccine if you are 26 or younger and have not already completed the vaccine series.			
Zoster (shingles) vaccine			Starting at age 60, you need a single dose of this vaccine.	Starting at age 60, you need a single dose of this vaccine.
Measles, mumps, rubella (MMR) vaccine	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	If you were born in 1957 or later and have not had at least 1 dose of MMR, ask your doctor or nurse if you need this vaccine.	
Pneumococcal vaccine	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	If you smoke or have a chronic health problem, ask your doctor or nurse if you need this vaccine.	You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose.
Meningococcal vaccine	You need this vaccine if you are a young adult planning to live at college or have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.	You may need this vaccine if you have certain medical conditions. Discuss with your doctor or nurse.
Hepatitis A vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Hepatitis B vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.