

Preventative Care Guidelines for Women Under 50

I am a strong believer in preventive medicine. There are numerous ways to improve one's overall current health as well as to prevent development of illnesses in the future. It is difficult to insure that all of these interventions are completed. Every patient has different needs and interests. It is also impossible for me to keep track of each individual's health plan and what it will and will not cover. The following are items that I strongly believe should be completed. I would suggest that you look over this list and see what you are interested in completing and discuss with your health plan.

1. Yearly Comprehensive Physical Examination
2. Mammography starting at age 40
3. Cervical Cancer screening: Begin within 3 years of onset of sexual activity or age 21, whichever comes first. If previous results are negative then testing every 3 years is considered adequate.
4. Sexually Transmitted Disease: Annual Pelvic exam for women with risk factors for STDs.
 - Chlamydia: All sexually active women age 15 to 25 or older women with a prior infection and Gonorrhea. Pap smear, insure HPV vaccine and Hepatitis B vaccine offered.
 - HIV: Individual with a risk factor. Consider syphilis serology.
 - HPV vaccination: All women age < 26, ideally administered before sexual activity
(Series of 3 doses)
5. Vitamin supplement:
Women in childbearing years should take 400 mg of folic acid daily
6. Lipids Panel: age 45 or over. If other risk factors, screen beginning at age 20

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