

Health Recommendations for Young Women (21-39 years old)

Pap Test Guidelines:

- If you are 21-30 years old, you should have a Pap **every 2 years** (if no history of abnormal paps)
- If you are over 30 years of age, you should have a Pap **every 3 years** after 3 normal Paps in a row if you:
 - do not have a history of moderate or severe dysplasia
 - do not have HIV or have a weakened immune system from medications
 - have not had exposure to diethylstilbestrol (DES) before birth

These recommendations are new but studies have shown no increase in cervical cancer risk with this testing method. This is a safe option! Additionally, you may not need a pap test if you have had a hysterectomy!

Testing for Sexually Transmitted Diseases:

This is optional. If you have a history of an STD or known exposure or have multiple sexual partners then this may be offered to you. If you would like to be tested then let us know! !

If you are not in a monogamous relationship, please protect yourself from STDs (like HIV and herpes that cannot be cured) by using condoms, however do not rely on condoms alone to prevent pregnancy. If you would like more information then ask me and let's talk about it!

How to do Your Monthly Breast Exams:

- Lie down and place one arm behind your head.
- Use the pads of your fingers on the opposite hand to feel for lumps. Use overlapping dime-sized circular motions of the finger pads to feel the breast tissue.
- Move up and down (like a lawn mower) and move across the entire breast-going as high as your collar bone. Make sure you also examine your arm pit, as well.
- Repeat the exam on the opposite breast.
- Then stand in front of a mirror with your hands pressing firmly down on your hips, look for any changes of size, shape, contour, or dimpling, or redness or scaliness of the nipple or breast skin.
- IMMEDIATELY report any breast changes or lumps to me!

Diet

Eat more vegetables and a variety of fruit. Switch to "whole-grain" bread, cereal, crackers, rice or pasta.

Drink less fruit juices. They have a lot of sugar and calories! Instead drink low-fat or fat-free milk (choose lactose-free products if necessary). **To find out more information on healthy diets, then please ask for an appointment with our dietician, Tanya Davis, or visit www.mypyramid.gov.**

Supplement your diet with daily calcium (1,000 mg) and a multivitamin containing folic acid.

Exercise

Try to get vigorous exercise in for about an hour a day at least 3 days a week:

Aerobic Exercise-includes sports like tennis. It also includes brisk walking, running, cycling, or swimming. Always make sure you're wearing the proper protective gear.

Muscle-Strengthening-exercises like squats, pushups or crunches, using weights, machines, or your own body weight. Work with a coach or trainer to make sure you know the right exercises to do and how to do them correctly.

Healthy Lifestyle

Avoid alcohol, cigarettes and drugs. These will make you old before your time!
Brush and floss your teeth everyday to maintain a beautiful clean smile! Get regular dental checkups.

Contraception

Let us tell you about the many contraceptive options that are available to you! You don't have to take a birth control pill everyday! There may be a better option for you! If you are interested in learning more then let us know

Also, know that over-the-counter emergency contraception is available! You can get this at your local pharmacy **WITHOUT A PRESCRIPTION! This is not an abortion pill!** Learn more at: www.nlm.nih.gov/medlineplus/ency/article/007014.htm

Vaccinations

We recommend the following vaccinations for you (obtain them through your primary care physician or Health Department):

Tdap (Tetanus, Diphtheria and Pertussis)

Annual Influenza

Varicella (chicken pox)

If you are less than 27 years old: Human Papilloma Virus (Gardasil or Cervarix)

Partner Violence

YOU DO HAVE OPTIONS!

Here is an excellent local resource: The Refuge House at www.refugehouse.com or call them at (850) 922-6062. Your call is confidential. They want to help!

Injury Prevention

Wear your seatbelt at all times when in a vehicle!

Do not drink and drive or ride with anyone who does.

Resolve conflicts without violence. Please be careful with loaded guns in the house and lock them away for safe-keeping!

Use good body mechanics when lifting.

Protect your skin from cancerous UV rays with SPF of 15 or higher.

If at anytime, you are thinking of harming yourself or others because of your personal circumstances then GET HELP before taking action! Call a friend, go to the ER or call the 24 Hour Suicide Hotline here in Tallahassee (617-6333).

Live Well!
Shannon Price, MD