

Women's Health Check

Women have different health needs than men, so it's important to do a health check looking at woman's whole health, including women's business questions and special check-ups.

Some of these differences include:

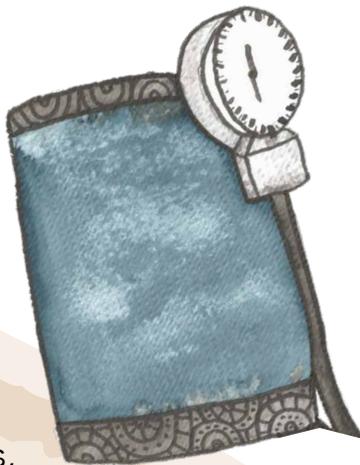
- Having bodies that change throughout their lifetime – like during puberty, pregnancy and menopause
- Experiencing different diseases and illnesses
- Having different risk factors.

A health check is when a GP, health worker or nurse screens for early warning signs of health issues and offer advice on prevention of some chronic conditions.

Different women's health checks depend on your age because certain risk factors and diseases are likely to happen in specific age groups.

All health checks will start by yarning with your health clinic and doctor about your:

- Medical history
- Family's history of the disease / ill health / health conditions
- Lifestyle and social history, including who you live with
- Sexual history (if you are sexually active)
- Vaccination history
- Checking the amount of stress in your life and your mood
- Hobbies and exercise
- How you are sleeping
- What your diet is like
- Substance use (if you smoke, drink or use drugs).



For cultural reasons, women may feel more comfortable yarning with and being examined by a woman. Don't hesitate to ask for a female doctor if you are.

They will also ask if you have any other concerns that you may haven't mentioned already. Your doctor will then examine you, and for cultural reasons, women may feel more comfortable yarning with and being examined by a woman. Don't hesitate to ask for a female doctor if you are.

Young women (15-25 years old)

Your body assessment will include:

- Measuring your height and weight
- Listening to your heart
- A sexual health screen (if you are sexually active).

The doctor may give you some advice about:

- Sexual health
- Smoking and drug use
- Teeth and mouth health
- Getting your vaccinations up to date
- Cervical cancer. Once you turn 25, you will be offered a free HPV screening every five years. Ask your doctor about this process and why it is so important
- Contraception options (if you are sexually active)
- Prenatal health if considering pregnancy
- Advice on breast awareness.

Middle-aged women (40-64 years old)

By this time, most women have completed their families, raised children, and maybe spent time with grandchildren. Health checks will focus on making sure you are as healthy as possible for this time of your life. Women over the age of 40 can consider breast cancer screening, particularly if they have a family history. Your doctor will explain how you can check your breasts at home.

- Continue cervical screening testing every 5 years.

If you're over 50, your doctor will check if you've received your bowel cancer screening test in the mail.

Your body assessment also will include measuring:

- Your height, weight and waist circumference
- A skin check
- Your blood pressure
- Your cholesterol, by doing a fasting blood test (your doctor will give you the form for it). Your risk for diabetes.

Your doctor may also give you some advice about:

- Stopping smoking and drinking
- Nutrition & physical activity
- Getting your vaccinations up to date
- Making sure your HPV screens are up to date
- Breast cancer screening (from 40 years old)
- Doing a bowel cancer check (if you're over 50 years old)
- Risk of heart disease, renal disease, diabetes.

Older women (65–90 years old)

Besides the general medical questions, your doctor will also ask about your:

- Medications and recent hospital admissions
- Vaccinations
- Physical activity
- Mobility and how easily you can get around
- Hearing and vision
- Memory
- Your social life, your involvement in cultural activities and the amount of support you have from friends and family.

Your doctor will assess your:

- Heart and lungs by listening with a stethoscope
- Mobility – by seeing how well you can walk and if you need any other aids

- Vision
- Hearing
- Memory.

The doctor may give you some advice about:

- Services that can help you in your home if you're unable to do them yourself
- Memory exercises
- Appropriate physical exercise
- Driving as an older person
- Advanced care planning – planning for your future care and support in case there is a time when you can't make those decisions.

How to look after your health

- Be in the best physical shape you can be, exercise regularly and eat well
- Connect to Culture, Elders and Country and look after your emotional and spiritual health
- Connect to others through community women's groups
- Yarn to your doctor, nurse or health worker if you have any questions
- Don't hesitate to see and discuss with your doctor any changes in your health or any concerns you have.



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