

Weekly Health Communications

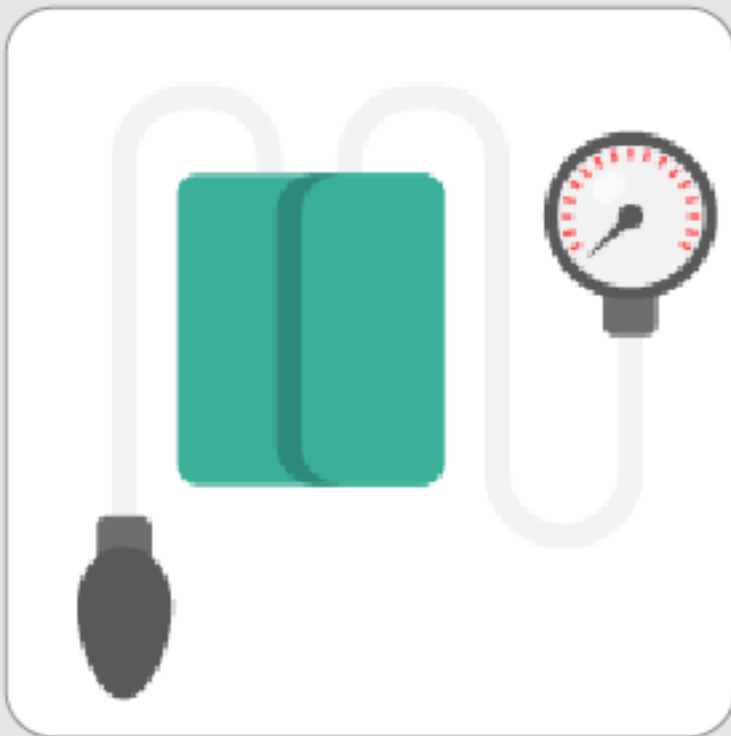
Developed by Medical team - Magnolia



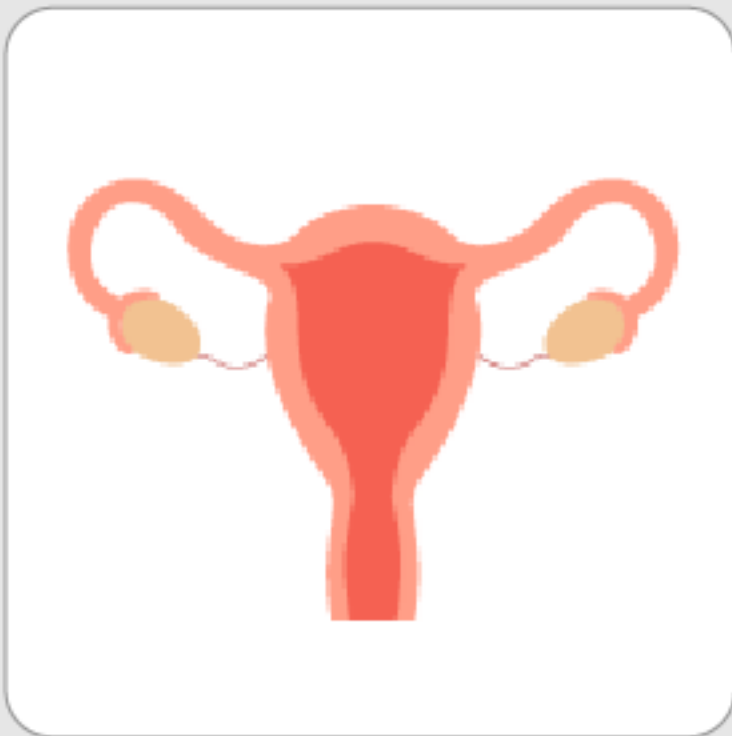
WOMEN'S PREVENTIVE CARE CHART



Women's Health Screenings Important at Every Age



Blood Pressure



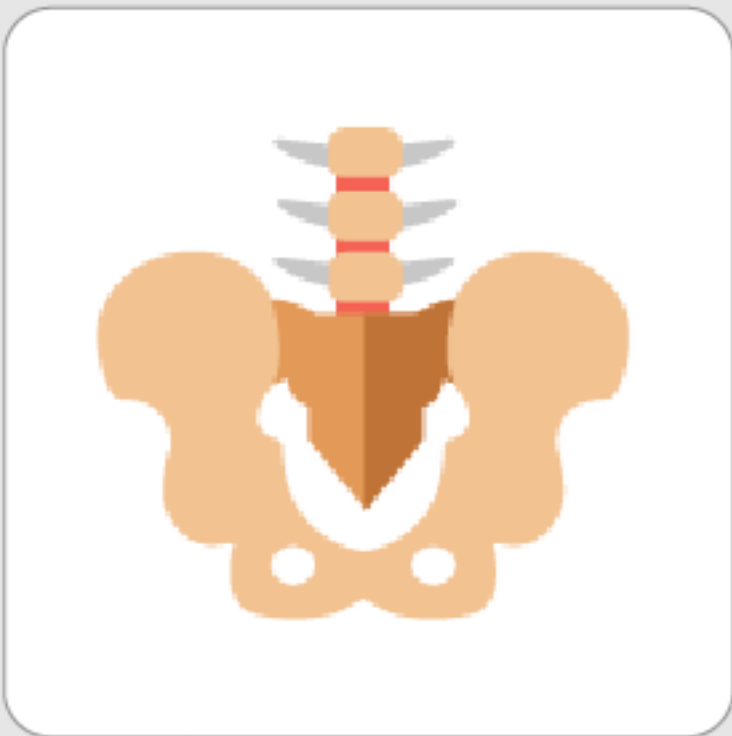
Pap Smear



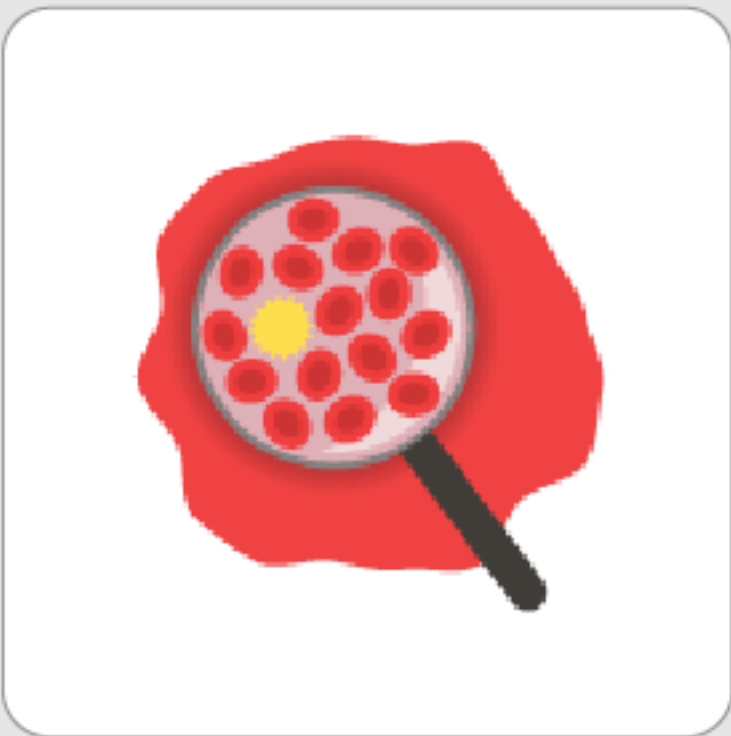
Breast Self-Exam



Cholesterol



Pelvic Health



HPV Testing

20s & 30s



Visit your personal doctor or gynecologist every year.



Ask if any tests or immunizations are needed.



Review your mental health and family history.

40s



Talk to your personal doctor about screening mammograms.



Consider blood work, like a cholesterol panel.



Discuss any changes in your body.

50s & 60s



Talk to your personal doctor about colonoscopies.



Consider an osteoporosis screening.



Check your hearing and vision.

All Ages



Eat healthy, exercise and get some sleep.



Don't smoke



Protect your skin from the sun and monitor changes.

PLEASE VISIT YOUR WELLNESS CENTER



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www.magnoliacommunityhealth.com