

## Care for Women 18–34



### Make sure your doctor knows:

- Your health history, including diseases, treatments, and operations you have had, and diseases and conditions that run in your family.
- Any medicines you take. This includes over-the-counter vitamins, food supplements, and herbs.

### Talk about the care you may need:

- Regular check-ups
- Immunizations
- Help with depression, stress or, other mental health issues
- Help to stop smoking
- Help to control drinking
- Other: \_\_\_\_\_

### Ask about screenings you may need:

- Anemia (low blood iron)
- Breast exam and mammogram
- Cervical cancer (HPV test)
- Lab tests based on health risks
- STDs (sexually transmitted diseases) and HIV
- Other: \_\_\_\_\_

### Ask about these common concerns:

- Pregnancy planning, including folic acid
- Birth control and sexual health
- Menstrual issues (painful or skipped periods, heavy bleeding, mood swings, etc.)
- Weight gain and diet
- Lack of exercise or injuries caused by exercise
- Other: \_\_\_\_\_

### Talk about any other issues that are bothering you:

- Problems communicating with your husband or partner
- Problems communicating with or disciplining your children
- Anger or violence at home or work
- Other: \_\_\_\_\_