



Know the Big 5 and Thrive – Things to Discuss With Your Provider

A well-woman exam includes:

- Physical
 - Clinical breast exam
 - Mammogram (40 and older)
 - Pelvic exam
 - Pap smear
- » Have your first Pap test when you're 21. If your test results are normal you can wait three years for your next Pap test.
- HPV tests aren't recommended for screening women under 30.
- » When you turn 30 you have your choice:
- If your test results are normal, get a Pap every three years.
 - Get both a Pap and HPV test every five years.
- » You can stop screening if:
- You're older than 65 and have had normal Pap test results for many years.
 - Your cervix was removed during surgery for a non-cancerous condition, like fibroids.

Things to Keep in Mind When Talking to Your Provider

Discuss any physical changes, such as:

- Changes in breast tissue
- Changes in bowel movements
- Abnormal vaginal discharge or bleeding
- Pain with urination or sex
- Pelvic or abdominal pain
- Nausea
- Changes in appetite
- Increased body hair growth or scalp hair loss

It is important to be an advocate for your own health. Let your provider know if something is out of the ordinary for you.



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