

# WOMEN'S HEALTH WEEK 2020

## PHYSICAL HEALTH

**Our bodies are constantly changing.** Whether that's in response to external factors such as our environment and diet, or to internal factors such as hormonal and metabolic changes, each decade we reach will see a change in our body's needs. Staying in tune with our body and what it needs is vital in ensuring we stay in healthy condition.

We've put together a short guide on which important check ups to book in for your age group so that you can rest easy in the knowledge your body is happy and healthy.

### Your 20s and 30s

As you move through your 20s and 30s you'll face many decisions which will impact your lifestyle and your long term health. Your career is building, giving you more responsibility, perhaps with travel and greater time pressures.

You may start to think about children or may already have young children in your care. Throughout these decades it is critical you pay attention to your health. While you may feel as though you are in your peak health, what you do today will impact your health tomorrow. Also be aware that developing health issues may be invisible. Looking after yourself has many components: you need to get regular medical check ups as well as make healthy choices in your day, eat well and exercise regularly; limit your alcohol consumption; get enough sleep; foster positive relationships and learn ways to work through problems and difficulties. Here's a quick reminder of the key checks ups to book to keep your body in tip top shape:



**Blood pressure**  
**Weight Check**  
**PAP Smear**  
**Dental**  
**Skin Cancer**  
**STIs**



**GP**  
**GP**  
**GP/Gynaecologist**  
**Dentist/Oral Hygienist**  
**GP/Dermatologist**  
**GP**



**Every 2 years**  
**Every 2 years**  
**Every 2 years**  
**6-12 months as required**  
**Annual/regular self-checks**  
**Based on sexual activity**  
**between partners**

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### Your 40s

The 40s are a busy time. Your career may be in full swing, kids are getting older, as are parents, coining the term The Sandwich Generation. Competing priorities means that you and your health may be delegated to a lower priority.

However, it is still important to keep up with your health checks as family history and habits from your 20s and 30s may start manifesting as issues in your 40s. Here's a quick reminder of the key checks ups to book to keep your body in tip top shape:



**Blood pressure**  
**Cholesterol**  
**Diabetes screen**  
**PAP Smear**  
**Bone density**  
**Dental**  
**Skin cancer**  
**Breast exam**



**GP**  
**GP**  
**GP**  
**GP/Gynaecologist**  
**GP/Radiology**  
**Dentist/Oral Hygienist**  
**GP/Dermatologist**  
**GP**



**Every 2 years**  
**Every 2 years**  
**Every 2 years**  
**Every 2 years**  
**Annually based on risk**  
**6-12 months as required**  
**Annual/regular self-checks**  
**Monthly self-exam/ mammogram based on risk**

### Your 50s Plus

As we get older, our bodies start to change. Women may be experiencing menopause, and as metabolism is changing weight management becomes more difficult.

It is important to keep up regular health checks and make lifestyle choices to support long term health. In addition to the health checks you should book in your 40s, here's a quick reminder of the additional key checks ups to book in your 50s to keep your body in tip top shape:



**Glaucoma & Eye health Exams**  
**Faecal occult (FOBT)**  
**Hearing test**  
**Weight check: Cardiovascular disease and Diabetes Risk Screening**



**Ophthalmologist/Optician**  
**GP/self through NBCSP**  
**Audiologist/GP referral**  
**GP**



**By the age of 50**  
**At least every 2 years**  
**As required**  
**At least every 2 years**

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Here's a quick guide to which important check ups to book in for your age group so that you can rest easy in the knowledge your body is happy and healthy.

CHECK UP	20S & 30S	40S	50S	50S PLUS
BLOOD PRESSURE	●	●	●	●
WEIGHT CHECK	●	●	●	●
PAP SMEAR	●	●	●	●
SEXUALLY TRANSMITTED INFECTION SCREEN	●	●	●	●
SKIN CANCER CHECKS	●	●	●	●
CHOLESTEROL	●	●	●	●
DIABETES SCREEN		●	●	●
BONE DENSITY		●	●	●
DENTAL EXAMINATIONS	●	●	●	●
BREAST EXAMS		●	●	●
GLAUCOMA & EYE HEALTH			●	●
FAECAL OCCULT BLOOD TEST (FOBT)			●	●
HEARING TEST				●
CARDIOVASCULAR DISEASE SCREEN			●	●

You can find more information at [www.womenshealthweek.com.au](http://www.womenshealthweek.com.au) or by emailing your SMG Health Wellness team at [wellness@smghealth.com.au](mailto:wellness@smghealth.com.au)