

Women's Health Checklist



Childhood (8-18 years old)

<input type="checkbox"/> Do you have questions about puberty or periods ?	<input type="checkbox"/> How's your mental health ? Feeling low, anxious or struggling to concentrate?	<input type="checkbox"/> Eating well? Concerns about weight, shape or size?
<input type="checkbox"/> Periods shouldn't interfere with your day or sport. If they do, seek help.	<input type="checkbox"/> Healthy relationships check - do you feel empowered and respected in your friendships and relationships?	<input type="checkbox"/> Do you have a good sense of your identity and what you like?
<input type="checkbox"/> Are you active and enjoy getting your heart rate up?		<input type="checkbox"/> Are you wearing sunscreen every day? It's the best way to prevent wrinkles and skin cancer.

Young Adult (19-25 years old)

<input type="checkbox"/> Cervical screening starts from 25. New self-collection options make it a lot easier for most women.	<input type="checkbox"/> Habits matter - good sleep, diet and exercise improve your mood, health and wellbeing. Nailing it? Not sure?	<input type="checkbox"/> Thinking about sex? Time to learn about STIs and pregnancy and how to prevent them.
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Adult (25-45 years old)

<input type="checkbox"/> Learn about the genes you carry and could pass on.	<input type="checkbox"/> No woman should let her periods slow her down. If they are painful or heavy, get it checked out.	<input type="checkbox"/> Increased cognitive load ? Feel stressed and tired? Is it normal?
<input type="checkbox"/> Wonder if you are fertile? Pre-conception health checks can help.	<input type="checkbox"/> Thinking about pregnancy ?	<input type="checkbox"/> Family history of disease? Now's the time to determine your risk.

Perimenopause (45-55 years old)

<input type="checkbox"/> Cardiovascular and diabetes risk assessments are helpful now.	<input type="checkbox"/> Everything is changing and not sure what to make of it? Could it be (peri)menopause or something else - ensure you check it out.	<input type="checkbox"/> Mood changes? Brain fog? Struggle to concentrate? Just life?
<input type="checkbox"/> Do you know your lumps? Lumpy boobs? Breast screening should begin anytime from 40 years.	<input type="checkbox"/> Can't wait to pee? A little leaky ? That's not normal and there are things that can help.	<input type="checkbox"/> Poop kit arrived in the mail? The faecal occult blood test is a good way to detect and prevent colon cancer. Do it when you get it!

Menopause (No more flow?)

<input type="checkbox"/> Balancing aging parents and raising kids?	<input type="checkbox"/> New partner? There's an increased STI risk in this age group.	<input type="checkbox"/> Has aging, injury or accidents led to you not being sporty? Know how to get back into exercise safely?
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Older Adult (50+ years old)

<input type="checkbox"/> Have you checked your bones? Routine bone density screening starts from 70 but there are a lot of reasons to check things out earlier.	<input type="checkbox"/> Keep strong - are you including balance, strength, high impact and aerobic exercise in your weekly routine?	<input type="checkbox"/> Ready to play Wordle? Cognitive games and tasks reduce the risk of dementia.
<input type="checkbox"/> Aches and pains? That's not normal.	<input type="checkbox"/> Jabs up to date? Immunisation becomes more important as we age.	<input type="checkbox"/> Socially connected? Did you know being involved in any type of group reduces your risk of mental illness and dementia.

At any age

<input type="checkbox"/> Bad habits crept in? Need help quitting vapes, cigarettes, alcohol or other substances?	<input type="checkbox"/> Healthy habits - the foundation for good health.
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Worried about any of the above?

Give your local doctor a call or book an appointment today

 3522 1868  tpcjc.com.au