

Women's Health Checklist



Childhood (8-18 years old)

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| <ul style="list-style-type: none"><input type="checkbox"/> Do you have questions about puberty or periods?<input type="checkbox"/> Periods shouldn't interfere with your day or sport. If they do, seek help.<input type="checkbox"/> Are you active and enjoy getting your heart rate up? | <ul style="list-style-type: none"><input type="checkbox"/> How's your mental health? Feeling low, anxious or struggling to concentrate?<input type="checkbox"/> Healthy relationships check - do you feel empowered and respected in your friendships and relationships? | <ul style="list-style-type: none"><input type="checkbox"/> Eating well? Concerns about weight, shape or size?<input type="checkbox"/> Do you have a good sense of your identity and what you like?<input type="checkbox"/> Are you wearing sunscreen every day? It's the best way to prevent wrinkles and skin cancer. |
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Young Adult (19-25 years old)

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| <ul style="list-style-type: none"><input type="checkbox"/> Cervical screening starts from 25. New self-collection options make it a lot easier for most women. | <ul style="list-style-type: none"><input type="checkbox"/> Habits matter - good sleep, diet and exercise improve your mood, health and wellbeing. Nailing it? Not sure? | <ul style="list-style-type: none"><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)

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| <ul style="list-style-type: none"><input type="checkbox"/> Learn about the genes you carry and could pass on.<input type="checkbox"/> Wonder if you are fertile? Pre-conception health checks can help. | <ul style="list-style-type: none"><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"/> Thinking about pregnancy? | <ul style="list-style-type: none"><input type="checkbox"/> Increased cognitive load? Feel stressed and tired? Is it normal?<input type="checkbox"/> Family history of disease? Now's the time to determine your risk. |
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Perimenopause (45-55 years old)

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| <ul style="list-style-type: none"><input type="checkbox"/> Cardiovascular and diabetes risk assessments are helpful now.<input type="checkbox"/> Do you know your lumps? Lumpy boobs? Breast screening should begin anytime from 40 years. | <ul style="list-style-type: none"><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"/> Can't wait to pee? A little leaky? That's not normal and there are things that can help. | <ul style="list-style-type: none"><input type="checkbox"/> Mood changes? Brain fog? Struggle to concentrate? Just life?<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! |
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Menopause (No more flow?)

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| <ul style="list-style-type: none"><input type="checkbox"/> Balancing aging parents and raising kids? | <ul style="list-style-type: none"><input type="checkbox"/> New partner? There's an increased STI risk in this age group. | <ul style="list-style-type: none"><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)

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| <ul style="list-style-type: none"><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"/> Aches and pains? That's not normal. | <ul style="list-style-type: none"><input type="checkbox"/> Keep strong - are you including balance, strength, high impact and aerobic exercise in your weekly routine?<input type="checkbox"/> Jabs up to date? Immunisation becomes more important as we age. | <ul style="list-style-type: none"><input type="checkbox"/> Ready to play Wordle? Cognitive games and tasks reduce the risk of dementia.<input type="checkbox"/> Socially connected? Did you know being involved in any type of group reduces your risk of mental illness and dementia. |
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At any age

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| <ul style="list-style-type: none"><input type="checkbox"/> Bad habits crept in? Need help quitting vapes, cigarettes, alcohol or other substances? | <ul style="list-style-type: none"><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