


# WOMEN'S HEALTH CHECKLIST

## Lifelong Health Maintenance Guide - Adolescence to Menopause

By Dr. Pragya Ojha | Vama Hospital, Varanasi

 Your Health is Your Priority

Regular health check-ups are your FIRST defense against health problems. This checklist helps you stay on top of health at EVERY life stage. Early detection saves lives!

### EVERY WOMAN, EVERY YEAR SHOULD GET:

#### General Check-up

Blood pressure • Weight • BMI • Physical exam

#### Blood Tests

CBC • Blood sugar • Thyroid • Liver • Kidney function

#### Cervical Screening

Pap smear (every 3 years, age 21-65)

#### Breast Exam

Clinical exam by doctor + monthly self-examination

#### Pelvic Exam

Complete gynecological check-up

#### Urine Test

Detects infections, kidney issues, diabetes

#### Vaccinations

Tetanus booster • HPV vaccine • Flu shot

### WHICH TESTS DO YOU NEED? (Decision Tree by Age)

#### AGES 15-20: Teen Years

- ✓ Period tracking (is cycle regular? duration? heavy?)
- ✓ General health check-up
- ✓ Hemoglobin level (check for anemia)
- ✓ Thyroid function (mood, energy, weight changes?)
- ✓ HPV vaccine (if eligible—prevents cervical cancer)

- ✓ Sexual health counseling (contraception, STI prevention)

### AGES 20-30: Reproductive Years

- ✓ Annual pap smear (cervical cancer screening)
- ✓ Breast examination (clinical + self-exam monthly)
- ✓ STI screening (if sexually active)
- ✓ PRE-CONCEPTION PLANNING (if planning babies):
  - Overall health assessment
  - Blood sugar & thyroid check
  - Hemoglobin level
  - Infectious disease screening
  - Folic acid supplementation (start 3 months before trying)

### AGES 30-40: Prime Years

- ✓ Annual pap smear
- ✓ Blood sugar screening (diabetes risk increases)
- ✓ Cholesterol check (heart health)
- ✓ Breast examination & mammography (if advised)
- ✓ Thyroid function
- ✓ Pelvic ultrasound (if any concerns)
- ✓ Hemoglobin level

### AGES 40-50: Transition Years (Perimenopause)

- ✓ Annual mammography (breast cancer screening)
- ✓ Annual pap smear (until age 65)
- ✓ Bone density screening (osteoporosis risk)
- ✓ Blood sugar & cholesterol (very important)
- ✓ Thyroid function (especially perimenopause)
- ✓ Pelvic ultrasound
- ✓ Perimenopause symptoms assessment (hot flashes? mood swings?)
- ✓ Hormone level check (if needed)

## GYNECOLOGICAL SYMPTOM CHECKER (When to Call Doctor)

### DO YOU HAVE ANY OF THESE SYMPTOMS?

#### Irregular Periods?

→ Cycle <21 or >35 days, very heavy/light bleeding, painful periods → CONSULT (PCOD? Thyroid? Other issue?)

#### Abnormal Discharge?

→ Foul smell, thick yellow/green, excessive amount, itching/burning → CONSULT (Infection? Vaginitis? Other?)

### ? Pelvic Pain?

→ Pain during periods, intercourse, or random → CONSULT (Endometriosis? Cyst? Inflammation?)

### ? Breast Issues?

→ Lumps, discharge, pain, dimpling, redness → IMMEDIATE CONSULT (Rule out cancer)

### ? Post-Menopausal Bleeding?

→ ANY bleeding after periods stop → IMMEDIATE CONSULT (Urgent)

### ? Mood/Energy Issues?

→ Severe mood swings, fatigue, weight changes → CONSULT (Thyroid? Hormones? Depression?)

## MONTHLY BREAST SELF-EXAMINATION

**TIMING: Day 7-10 after period starts (breasts least tender)**

### ✓ STEP 1: LOOK

In mirror with arms at sides → Look for size/shape changes, dimpling, redness, swelling

### ✓ STEP 2: LOOK AGAIN

Lift arms overhead → Look for same changes from different angle

### ✓ STEP 3: FEEL (Lying Down)

Lie on back → Use finger pads in small circles → Check entire breast, armpit, collarbone


### ✓ STEP 4: FEEL (Shower)

Use soapy hands → Glide over entire breast in circular motions → Can also use standing position

### REPORT IMMEDIATELY IF YOU FIND:

- New lump or thickening
- Dimpling or puckering of skin
- Redness or warmth
- Discharge from nipple (especially if bloody)
- Persistent pain in one area
- Visible veins or change in size/shape

## TRACK YOUR MENSTRUAL CYCLE (Monthly Awareness)

 **Cycle Length:** NORMAL: 21-35 days between periods | ABNORMAL: <21 or >35 days → Consult doctor

🔗 **Duration:** NORMAL: 5-7 days | ABNORMAL: <3 or >7 days → Consult doctor

🔗 **Bleeding Amount:** NORMAL: 30-40mL/day (5-8 pads) | HEAVY: Soaking pads → Consult doctor

🔗 **Cramping:** NORMAL: Mild to moderate | SEVERE: Interferes with daily life → Consult doctor

🔗 **Discharge:** NORMAL: Clear to milky, varies with cycle | ABNORMAL: Foul smell, change in amount/color → Consult doctor

## ⚠️ CRITICAL DISCLAIMER

*NOT ALL SYMPTOMS REQUIRE IMMEDIATE CARE. NOT ALL TESTS SUIT EVERY WOMAN.*

*This checklist is GENERAL guidance. Your specific health needs depend on:*

- *Your age & life stage*
- *Your medical history*
- *Your family history*
- *Your symptoms & concerns*
- *Your risk factors*

*CONSULT Dr. Pragya Ojha to create YOUR personalized health plan. What's normal for one woman may need investigation for another. NEVER delay care if you're concerned.*


## ☑️ YOUR ANNUAL HEALTH CHECKLIST (Print & Use This!)


- Schedule annual gynecology appointment
- Get all blood tests done
- Pap smear if due
- Mammography if due (age 40+)
- Practice monthly breast self-exam
- Track menstrual cycle
- Update vaccinations
- Discuss any concerns with doctor
- Review lifestyle (exercise, nutrition, stress)
- Mental health check (depression? anxiety?)
- Weight management (healthy BMI?)
- Bone health (especially 40+)

## SCHEDULE YOUR HEALTH CHECK-UP TODAY!

Dr. Pragya Ojha is your trusted women's health partner.

- Comprehensive Health Screening
- Personalized Health Plans
- Answer ALL Your Health Questions
- Confidential, Comfortable Environment
- 15+ Years of Expert Experience
- 24/7 Emergency Support Available

 CALL NOW: +91 9936114381

 WHATSAPP: +91 9936114381

 BOOK ONLINE: [drpragyaojha.com](http://drpragyaojha.com)

LOCATION: N1/59, A-31 Shivpuri Colony, Nagwa Lanka, Varanasi  
TIMINGS: Mon-Thu 9 AM-4 PM | Fri-Sat 9 AM-3 PM | Sunday: CLOSED

### FIRST-TIME PATIENTS:

- ✓ FREE comprehensive health assessment
- ✓ FREE ultrasound consultation
- ✓ 20% discount on all screening packages

"Your health is not a luxury. It's a priority. Schedule today!" - Dr. Pragya Ojha

*Dr. Pragya Ojha | Vama Hospital | Varanasi  
15+ Years of Trusted Women's Healthcare*

*'Healthy Women. Happy Families. Strong Communities.'*