

*University Midwifery Associates*  
**WELL WOMEN INFORMATION**

***Important Phone Numbers***

University Center for Women’s Health .....	272-2245
Women’s Faculty and Midwife Clinic.....	925-4940
Belen First Choice Clinic .....	861-1013
Los Lunas First Choice Clinic .....	865-4610

The UNM Midwives provide basic well-woman health care and offer referral information for more complex problems. During your visit ask questions and share concerns. After your visit we will contact you for abnormal lab tests or you will get a letter in the mail about your normal PAP results.

***Important Health Screening***

**Cervical Cancer (New recommendations):**

Begin testing (Pap) at age 21  
Test every 3 years from age 21-29  
Test every 5 years from 30-65 with Pap and HPV co-testing (or every 3 years with just Pap)  
If abnormal may need to screen more often.

**Sexually Transmitted Infections:**

Test for Chlamydia if you are 25 or younger and sexually active. If you are older or concerned ask to be tested for other sexually transmitted diseases.

**Obesity:**

Know your weight. Have your body mass index (BMI) calculated to screen for obesity.

**Breast Cancer:**

Have a mammogram every 1 to 2 years starting at age 40. Talk to your provider if you have any concerning lumps or bumps.

**Cholesterol:**

Get a lipid profile starting at age 45, or earlier if you have risk factors; talk to your provider about how often to test.

**Bone Health:**

Have a test for bone health at age 65 or older.

**High Blood Pressure:**

Have your blood pressure check at least every 2 years. High blood pressure is above 140/90.

**Colorectal Cancer:**

Have a test for colorectal cancer starting at age 50. Start sooner if you have risk factors.

**Diabetes Screening:**

Get screened at age 45. Start sooner if you have risk factors. Women with diabetes in pregnancy should be screened every 3 years.

**Dental Health:**

Have your teeth cleaned 1-2 times a year.

**Other Screening:**

Consider screening for: Thyroid, Depression, Eye or Ear Health, other Cancers, Immunizations, or Vitamin D. For recommendations visit:  
<http://www.womenshealth.gov/screening-tests-and-vaccines/screening-tests-for-women/index.html>

## *TIPS for Health Living*

- **Be informed.** Learn about health promotion and disease prevention and ask your provider for specific information regarding your needs.
- **Be physically active** for 30 minutes or more on most days of the week. Healthy movement may include walking, sports, dancing, yoga or running. Be creative!
- **Eat a well-balanced, low-fat diet** with lots of fruits, vegetables, and whole grains. Choose non-processed foods low in fat, cholesterol, sugar, and salt.
- **Be good to your bones.** For healthy bones, try to eat calcium every day with plenty of foods such as milk, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or bread.
- **Concerned about violence in the home?** Call the National Domestic Violence Hotline: 1-800-799-7233 (free, confidential and available 24/7).
- **Know your family history about breast, ovarian, uterine, and colon cancer.** If you have these cancers in your family, we might refer you for genetic counseling.
- **Play it safe.** Avoid injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses.
- **Family Planning.** Know all your contraceptive options.
- **Don't smoke, and quit if you do!** If you smoke and are ready to quit, we can refer you to a smoking cessation program.
- If you drink alcohol, **drink in moderation.** Never drink before or when driving, or when pregnant.
- You can **help prevent sexually transmitted infections and HIV/AIDS** by using condoms every time you have sexual contact. Know your partners sexual history. Condoms aren't 100% foolproof so discuss screening with your provider.
- **Brush your teeth** after meals with a soft or medium bristled toothbrush. Also brush before going to bed. Use dental floss daily.
- **Manage stress well.** Stay connected to others. Get good sleep. Get professional help if you are worried about your mood or spirits.