

## Women's Health: Additional Resources

- Women's Preventative Services Initiative

- WPSI has created a list of recommendations for health care services to be performed at every age. This is an example of some of the screenings that would be completed at a well woman exam each year. If you would like to look more into this, you can find this chart online at <https://www.womenspreventivehealth.org/about-wpsi/>

HEALTH CARE SERVICE	AGE (Years)						
	13-17 <sup>1</sup>	18-21 <sup>1</sup>	22-39	40-49	50-64	65-75	>75
<b>♥ GENERAL HEALTH</b>							
Alcohol use screening & counseling	●	●	●	●	●	●	●
Anxiety screening	●	●	●	●	●	●	●
Blood pressure screening	●	●	●	●	●	●	●
Contraception & contraceptive care	●	●	●	●	○		
Depression screening	●	●	●	●	●	●	●
Diabetes screening <sup>2</sup>	○	○	○	○	○	○	○
Fall prevention						●	●
Folic acid supplementation <sup>3</sup>	○	●	●	●	○		
Healthy diet & activity counseling <sup>4</sup>		○	○	○	○	○	○
Interpersonal & domestic violence screening	●	●	●	●	●	●	●
Lipid screening <sup>5</sup>	○	●	○	●	●	●	
Obesity prevention				●	● <sub>50-60</sub>		
Obesity screening & counseling	●	●	●	●	●	●	●
Osteoporosis screening <sup>6</sup>					○	●	●
Statin use to prevent CVD <sup>7</sup>				○	○	○	
Substance use screening & assessment	●	●	●	●	●	●	●
Tobacco screening & counseling	●	●	●	●	●	●	●
Urinary incontinence screening <sup>8</sup>	○	●	●	●	●	●	●
<b>♣ INFECTIOUS DISEASES</b>							
Chlamydia & gonorrhea screening <sup>9</sup>	●	●	● <sub>≤24</sub> ○ <sub>&gt;24</sub>	○	○	○	○
Hepatitis B screening <sup>10</sup>	○	○	○	○	○	○	○
Hepatitis C screening (at least once) <sup>11</sup>	○	●	●	●	●	●	● <sub>≥80</sub>
HIV preexposure prophylaxis <sup>12</sup>	○	○	○	○	○	○	○

- The American College of Obstetricians and Gynecologists

- ACOG is a professional organization of physicians specializing in OB/GYN. Their website includes patient information for FAQs on many topics such as healthy living, pregnancy, and screening: [https://www.acog.org/womens-health/resources-for-you#:~:patientportalcontenttype=\[FAQs,FAQs%20for%20Teens\]](https://www.acog.org/womens-health/resources-for-you#:~:patientportalcontenttype=[FAQs,FAQs%20for%20Teens])

- U.S. Preventive Services Task Force

- The USPSTF develops and publishes recommendations for clinical preventive services.
- Recommendations for OB/GYN: [https://www.uspreventiveservicestaskforce.org/uspstf/topic\\_search\\_results?topic\\_status=P&category%5B%5D=23&searchterm=](https://www.uspreventiveservicestaskforce.org/uspstf/topic_search_results?topic_status=P&category%5B%5D=23&searchterm=)