

Patient's Guidance

Preventative care: Screening and staying ahead.



Introduction

This guide highlights key preventive care steps for women aged 21+. Early screening supports long-term health.

What to Know

- Preventive care detects disease early before symptoms
- Screening needs change with age and risk factors
- Regular visits improve long-term outcomes

Key Screenings

- Pap smear – cervical cancer screening starting at 21
- Breast screening – mammogram timing based on risk
- Blood pressure – yearly or more if elevated
- Cholesterol – assess cardiovascular risk
- Diabetes screening – especially with risk factors

When to Pay Attention

- Missed screenings or long gaps in care
- Family history of cancer, diabetes, or heart disease

Disclaimer: This material is for educational purposes only and does not replace medical advice, diagnosis, or treatment.

- New symptoms or unexplained changes

- Keep vaccinations up to date

Cultural Sensitivity in Care

Why This Matters

- Screening gaps exist across populations
- Delayed care can lead to worse outcomes

Key Considerations

- African American / Black Women – higher HTN, fibroids, mortality risk
- Caribbean Women – increased HTN and diabetes prevalence
- Latina / Hispanic Women – lower screening rates in some groups
- Asian Women – often under-screened due to perceived low risk
- Native American Women – limited access to preventive services

Important Takeaway

- Screening saves lives
- Early care improves outcomes

Simple Prevention

- Schedule routine annual visits
- Maintain healthy diet and weight
- Stay active and manage stress

Closing

If you are overdue for screening or have concerns, reach out to **Holistic Origin Her Wellness**.



Sources

CDC, USPSTF, ACOG Preventive Guidelines