



Innate Start Midwifery

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Healthy Women Lifestyle and Prevention

There are various lifestyle choices that affect your long-term health. There are also various medical tests that become recommended at different ages to further evaluate your health and detect potential problems early, when there is the highest rate of success in treating them. The following is an outline of the basic recommendations:

Exercise: Most of all, avoid inactivity. Ideally, women would get 2 1/2 hours a week of moderate-intensity or 1 1/2 hours of vigorous-intensity exercise. Moderate to high intensity muscle strengthening is also recommended 2 or more times per week.

Nutrition: For healthy weight maintenance, it is recommended that you balance caloric intake with your level for physical activity. Eat REAL food focusing on fruits, vegetables, quality protein and healthy fats. Avoid processed and manufactured food products.

Routine Physicals: It is highly recommended that you have periodic routine physicals with your primary provider. These visits will include blood pressure and obesity screenings.

Cervical Cancer Screenings: Women 21-65 years of age should have a Pap smear done every 3 years. Women 30-65 years of age could also opt to have a Pap with HPV screening performed every 5 years instead.

Breast Cancer Screening: A clinical breast exam should be performed every 3 years for women in their twenties and thirties, and yearly for women over 40 years. It is also recommended that women get yearly mammograms after 40. You may also investigate thermography as an alternative screening.

Colorectal Cancer Screening: This is recommended for women 50-75 years of age by fecal occult blood testing, sigmoidoscopy, or colonoscopy.

Osteoporosis Screening: This is recommended for women over 65 years of age.