

In your **20s** On the **pulse** of life

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation and the pursuit of vibrant good health —
mind, body and spirit.



As a woman in your 20s, you are on the "pulse" of life: learning the rhythms of your body and experiencing the extraordinary energy of your spirit. Now is the time to find out what makes you feel happy, healthy and strong.



To ensure high-energy health in your 20s:

Every day, be:

- Physically active
- Nutritionally smart
- In-the-know about preventive screenings

Skin

- Baseline mole and overall skin exam – at least once every three years by a physician
- Practice monthly self-exam of all moles

Heart

- Baseline cholesterol panel – total, LDL, HDL and triglycerides
- Blood pressure – at least once every two years

Reproductive

- Annual internal exam with Pap test (including STD screening)
- Human papillomavirus vaccine (HPV) – up to age 26

Eyes, Ears and Teeth

- Baseline vision exam
- Baseline hearing exam
- Semiannual dental visits for exam and cleaning

General

- Immunizations
 - Tetanus once every TEN years
 - Meningococcal vaccine – discuss with your healthcare provider if attending college

*Young women in their 20s are at an increased risk for rape and abuse in dating situations or, unfortunately, friendship/acquaintance relationships. Report any type of abuse to a healthcare provider.