



Charlie Crist
Governor

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State Surgeon General

FOR IMMEDIATE RELEASE
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TALK TO YOUR MOTHER ABOUT GETTING A CHECK UP THIS MOTHER'S DAY

ST. AUGUSTINE – May is Women's Health Month, and the St. Johns County Health Department urges residents in St. Johns County to use this Mother's Day, May 10, as an opportunity to talk to their mothers about scheduling a medical check up. Even though women are living healthier and longer lives today, many women across the country still suffer and die of serious illnesses.

Many of these leading causes of death among women can be successfully prevented or treated if the warning signs are caught early enough. Regular health checkups and practicing healthy habits are necessary for women to ensure healthy futures.

Women should discuss with their health care professionals which tests are right for them, when they should have them, and how often. Women should consider the following screening tests:

- Pap smears every one to three years if sexually active or older than 21
- Chlamydia tests if age 25 or younger and sexually active. If older, discuss test with health care provider. Also discuss testing for other sexually transmitted diseases if needed.
- Blood pressure checks at least every two years
- Diabetes tests if diagnosed with high blood pressure or high cholesterol
- Depression screening if feeling "down," sad or hopeless, with little interest or pleasure in normal activities if feelings last for two weeks straight
- Mammograms every one to two years starting at age 40
- Regular cholesterol checks, starting at age 45 (If you smoke or are diabetic or if heart disease runs in the family, cholesterol checks should start at age 20).
- Colorectal cancer tests starting at age 50
- Osteoporosis tests starting at age 65. If you are between age 60 and 64 and weigh 154 pounds or less, you should discuss testing with a health care provider.

Prevention is the key to healthy living. Getting preventive screenings and immunizations are among the most important things you can do to remain healthy.

***Our Mission:** Promote, protect, and improve the health of all people in Florida.*

***Our Vision:** A healthier future for the people of Florida.*

***Our Values:** Integrity, Commitment to Service, Respect, Excellence, Accountability, Teamwork, Empowerment*

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For more information about National Women's Health Week or National Women's Check-Up Day, visit the U.S. Department of Health and Human Services, Office on Women's Health website at www.womenshealth.gov.

DOH promotes, protects and improves the health of all people in Florida. For more information about the St. Johns County Health Department, visit www.stjohnschd.org/.

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