

# Women's Wellness Guide

Trinity Health Obstetrics and Gynecology





As women, we face unique challenges and experiences throughout our lives, from puberty to menopause and everything in between. This women's wellness guide is designed to provide you with information and advice on how to take care of your physical, emotional and mental well-being.

## General Health Tips

Taking care of your health is important for overall well-being, and as a woman, there are certain health considerations you should keep in mind. From staying physically active and maintaining a healthy diet to managing stress and getting enough sleep, there are many things you can do to optimize your health.

### Exercise regularly and maintain a healthy diet.

Exercise helps maintain a healthy weight and boosts your mood. Make sure to incorporate physical activity into your daily routine, such as walking, jogging, swimming, or any other physical activity you enjoy. Along with regular exercise, maintain a healthy diet that includes plenty of fruits, vegetables, whole grains, lean proteins and healthy fats.

### Get enough sleep and manage stress.

Adequate sleep and stress management are important for maintaining good health. Sleep specialists recommend seven to nine hours of sleep per night and encourage you to establish a regular sleep schedule. Activities such as yoga, meditation or deep breathing exercises can help relieve stress.

### Avoid smoking and limit alcohol consumption.

Smoking and excessive alcohol consumption can have severe consequences on your health. If you smoke, consider quitting, and if you drink alcohol, do so in moderation.

### Practice safe sex and get regular STI testing.

Safe sex practices are essential for preventing sexually transmitted infections (STIs). Get regular STI testing, if you are sexually active.

### Get vaccinated for HPV, Hepatitis B and other recommended diseases.

Vaccines can help prevent infections like HPV and Hepatitis B, which can cause serious health problems. Talk to your OB/GYN about which vaccines are recommended for you based on your age, lifestyle and other factors.





## Gynecological Health

Regular gynecological health screenings, discussing birth control options, reporting any abnormal symptoms and staying up to date on breast cancer screenings are all crucial aspects of maintaining good gynecological health. Always consult with your health care provider if you have any concerns about your gynecological health or need guidance on how to incorporate these tips into your lifestyle.

### **Get regular Pap smears and pelvic exams.**

Pap smears and pelvic exams are essential screening tests for women that can help detect cervical cancer and other gynecological conditions. Pap smears are typically recommended every three years for women aged 21 to 65. Pelvic exams are also recommended for women of all ages to evaluate the reproductive organs and check for any abnormalities.

### **Discuss birth control options with your health care provider.**

There are various birth control options available for women, and it is important to discuss your options with your health care provider. They can help you choose the most appropriate birth control method based on your health history, lifestyle and personal preferences.

### **Report any abnormal vaginal bleeding, discharge or pain to your health care provider.**

Any abnormal vaginal bleeding, discharge or pain should be reported to your health care provider. These symptoms can indicate a variety of gynecological conditions, such as infections, endometriosis or fibroids. Early detection and treatment are key to maintaining good gynecological health.

### **Stay up to date on breast cancer screenings and mammograms if appropriate.**

Breast cancer is one of the most common cancers among women and regular screening is essential for early detection. Women should discuss their breast cancer screening options with their health care provider, including mammograms, clinical breast exams, and self-breast exams. The frequency and timing of these screenings will depend on your age, family history and other factors.





# Reproductive Health

Your reproductive health is a crucial component of your overall wellness, and this is especially true if you're pregnant or planning to become pregnant. Obstetrical health encompasses the care and support you need to optimize your reproductive health during pregnancy, childbirth and the postpartum period.

## **Schedule preconception counseling with your health care provider.**

Before you start trying to conceive, it's a good idea to meet with your health care provider to discuss any health concerns, medications or lifestyle factors that could affect your pregnancy. This can help you optimize your health and increase your chances of having a healthy pregnancy.

## **Take prenatal vitamins and follow a healthy diet during pregnancy.**

Proper nutrition is crucial during pregnancy and taking prenatal vitamins in addition to a balanced diet can help ensure you're getting all the nutrients you and your baby need. Aim to eat plenty of fruits, vegetables, whole grains, lean proteins and healthy fats.

## **Attend all prenatal appointments and follow your health care provider's recommendations.**

Regular prenatal care is important for monitoring your health and your baby's growth and development. Make sure to attend all scheduled appointments and follow any advice or recommendations from your health care provider.

## **Discuss delivery options and create a birth plan with your health care provider.**

It's important to have a plan in place for your labor and delivery, so talk to your health care provider about your options and preferences. This can include things like pain management, delivery location and who will be present.

**[Learn more about Women's Health Care at Trinity Health.](#)**





## Your Health at Every Age

It's important to know what makes you feel happy, healthy and strong throughout your life. Our health needs change, but it can be complicated to determine which health screenings and tests are appropriate for your age.

Trinity Health Michigan is dedicated to helping everyone maintain good health and live their lives to the fullest. No matter your age, we have the tools to help you navigate your health.

**[View health care recommendations by age.](#)**



## Common Conditions

There are many conditions that you may encounter during your reproductive years. These conditions can range from minor issues to more serious health concerns and can impact your fertility, pregnancy and overall health. By understanding these conditions and their symptoms, you can take a proactive approach to your reproductive health and seek care.

**Some common conditions include:**

### **Polycystic Ovary Syndrome (PCOS)**

Symptoms include irregular periods, weight gain and acne. Treatment may include birth control, lifestyle changes and medication.

### **Endometriosis**

Symptoms include painful periods, pelvic pain, and infertility. Treatment may include pain management, hormonal therapy or surgery.

### **Urinary Incontinence**

Symptoms include leaking urine during activities such as sneezing or coughing. Treatment may include pelvic floor exercises or medication.

Trinity Health offers a wide range of services including routine gynecological care, prenatal care and treatment for common conditions. Our highly trained and compassionate health care providers give personalized care to meet your needs.

Maintaining routine gynecological care is essential for your overall health and well-being as a woman. If you're due for an appointment or have any concerns, schedule an appointment with your OB/GYN.

To find an OB/GYN near you, visit [\*\*trinityhealthmichigan/  
find-a-doctor\*\*](https://trinityhealthmichigan.com/find-a-doctor).



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