

Ordinary Vegan - Women's Health Checklist

1. Annual & Preventive Screenings

- Primary Care Visit – yearly physical exam - should include a CBC (complete blood test) for cholesterol & blood sugar. D & B12 should be checked if vegan.
- EKG at Primary Care Visit Very Important - #1 cause of death women is heart attacks
- Blood Pressure Check – at least once a year (more often if elevated)
- Cholesterol & Blood Sugar (A1C) – every 3–5 years starting at 20, more often if risk factors
- Body Mass Index (BMI) & Waist Circumference – annual check for healthy weight range
- Thyroid Function Test – as recommended, especially if fatigued or experiencing weight changes

• Gynecologist Screening

- Pap Smear & HPV Test – every 3 years (ages 21–65) or Pap + HPV co-test every 5 years
- Breast Exam & Mammogram – clinical breast exam yearly; mammogram every 1–2 years (starting at 40–50 depending on guidelines & family history)
- Colorectal Cancer Screening – colonoscopy or stool-based test starting at 45 (earlier if family history)
- Bone Density Test (DEXA Scan) – starting at 65, earlier if postmenopausal or risk factors
- Family History Review – ask provider if genetic testing (BRCA, Chek2, etc.) is appropriate to check for mutations.

2. Reproductive & Hormonal Health

- Menstrual Health Tracking – note irregular cycles, heavy bleeding, or severe pain
- Contraception & Fertility Planning – discuss with provider if relevant
- Menopause & Perimenopause Check-in – monitor symptoms, bone health, heart health

3. Cancer Prevention

- Skin Check – monthly self-check for new or changing moles; see dermatologist if you see a mole that is asymmetrical, has an irregular border, an uneven color, or a diameter larger than a pea or is evolving in size, shape or color
- Cervical Cancer (Pap/HPV) – see Gynecologist
- Breast Self-Awareness – monthly self-checks same time each month; report changes in shape, skin, or discharge

4. Lifestyle & Wellness

- Nutrition Review – plant-rich diet, calcium + vitamin D for bone health, limit processed foods

- Exercise – at least 150 min/week moderate activity + 2 strength sessions. New studies show that muscle health is the key to longevity and disease prevention. Grab those weights.
- Sleep – aim for 7–9 hours nightly
- Hydration – adequate daily water intake
- Stress Management – mindfulness, meditation, journaling, or therapy as needed

5. Mental & Emotional Health

- Depression & Anxiety Screening – ask for mental health check during physical
- Social Support – maintain strong friendships and community ties
- Work-Life Balance – monitor for burnout and fatigue

6. Vaccinations

- Annual Flu Shot
- Tdap Booster – every 10 years
- Shingles Vaccine – age 50+
- HPV Vaccine – up to age 45 if not previously completed
- COVID-19 & Other Relevant Boosters – per current guidelines

7. Dental & Vision

- Dental Exam once a year & Cleaning – every 6 months
- Eye Exam – every 1–2 years; yearly if vision changes or diabetes