



24/25

Women's Check-Up Calendar

A YEAR OF EMPOWERED HEALTH



Welcome to the Women's Check-Up Calendar, dedicated to promoting women's health and well-being. This calendar serves as a monthly guide, offering information on screenings, recommended practices, and self-examinations for a proactive approach to health.

Millions of women die from preventable diseases every year, highlighting the urgent need to raise awareness about healthcare and related education.

In response, we have developed a comprehensive women's checkup calendar aimed at promoting regular health screenings and early detection.

We created this for our mothers, for your mothers, for our friends, and for your friends, for us and for you, for every woman around the globe to prevent diseases that make us lose our loved ones.

**Take care of yourself.
Do it for the people you love.**

CREATED BY



ARKcryo



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Monthly Overview

March · *Reproductive Health*

- ✓ **Screenings:** Pap Smear Test
- ✓ **Recommended:** Fertility Awareness Discussion
- ✓ **Examinations:** Gynecologist Appointment

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April · *Allergies and Skin Health*

- ✓ **Screenings:** Allergy Test
- ✓ **Recommended:** Dermatologist Check-Up
- ✓ **Examinations:** Sunscreen & Skincare Workshop

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May · *Mental Health Awareness*

- ✓ **Screenings:** Mental Health Awareness Session
- ✓ **Recommended:** Meditation/Yoga Class
- ✓ **Examinations:** Therapist/Counselor Appointment

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June · *Bone Health*

- ✓ **Screenings:** Bone Density Scan
- ✓ **Recommended:** Vitamin D Check
- ✓ **Examinations:** Consultation with a Nutritionist

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July · *Summer Wellness*

- ✓ **Screenings:** GI Tract Check-Up
- ✓ **Recommended:** Nutrition Consultation
- ✓ **Examinations:** Colon Cancer Screening Awareness

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August · *Vision & Dental Health*

- ✓ **Screenings:** Eye Check-Up
- ✓ **Recommended:** Dentist Appointment
- ✓ **Examinations:** Oral Cancer Screening

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Monthly Overview

September · *Fitness & Exercise*

- ✓ **Screenings:** Fitness Assessment
- ✓ **Recommended:** Exercise Routine Consultation
- ✓ **Examinations:** Physical Therapy Session

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October · *Breast Cancer Awareness*

- ✓ **Screenings:** Mammogram
- ✓ **Recommended:** Breast Cancer Awareness Initiatives
- ✓ **Examinations:** Breast Self-Exam

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November · *Digestive Health*

- ✓ **Screenings:** GI Tract Check-Up
- ✓ **Recommended:** Nutrition Consultation
- ✓ **Examinations:** Colon Cancer Screening Awareness

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December · *Full Body Check-Up*

- ✓ **Screenings:** Comprehensive Health Panel
- ✓ **Recommended:** Body Mass Index (BMI) Measurement
- ✓ **Examinations:** Follow-Up Consultation

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January · *New Beginnings*

- ✓ **Screenings:** Overall examination
- ✓ **Recommended:** Glucose Screening Test
- ✓ **Examinations:** Breast Self-Exam

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February · *Heart Health*

- ✓ **Screenings:** Cholesterol Test
- ✓ **Recommended:** Cardiogram
- ✓ **Examinations:** Stress Test Evaluation

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24	25	26	27	28		

Annual Check-Ups for Women Under 40:

- Complete Blood Count with Differential
- Total Cholesterol
- Blood Glucose Level
- Urinalysis
- Thyroid-Stimulating Hormone (TSH) Test
- HIV, Hepatitis B, Hepatitis C Tests
- Ophthalmologist Consultation and Vision Correction if needed
- Vaccinations as per schedule
- Chest X-ray
- Gynecologist Consultation
- Pap Smear Test
- Microflora Analysis
- Colposcopy
- Pelvic Ultrasound
- Breast Ultrasound



Annual Check-Ups for Women 40 and Above:

- Complete Blood Count with Differential
- Total Cholesterol, Triglycerides, Lipid Panel
- Blood Glucose Level
- Urinalysis
- Thyroid-Stimulating Hormone (TSH) Test
- HIV, Hepatitis B, Hepatitis C Tests
- Ophthalmologist Consultation and Vision Correction if needed
- Vaccinations as per schedule
- Chest X-ray
- Gynecologist Consultation
- Pap Smear Test
- Microflora Analysis
- Colposcopy
- Pelvic Ultrasound
- Human Papillomavirus (HPV) Test
- Abdominal Ultrasound
- Electrocardiogram (ECG)
- Colonoscopy for Colorectal Cancer (if indicated)
- Dual-energy X-ray Absorptiometry (DXA) - from age 55 onward.

