

THE CHECKBOOK GUIDE: **Checking into a better me**

A guide to optimal women's health.



Checking into a better me: The how-to guide for optimal health for women is a tool for you to record and track important information about your health history, current medicines, health care providers, appointments, treatments, health numbers, health tips, and screenings all in a convenient checkbook.

Take this guide with you to your check ups to have the information you might need during your visit, to track your personal health action plan and your healthy living journey. There is space for you to record questions and answers and to take notes.



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My Pledge Check

001

Address _____

Date ____ / ____ / ____

Pay to the order of _____

(INSERT NAME HERE)

\$

(WHAT IS YOUR PLEDGE?)

Dollars

(WRITE OUT PLEDGE HERE)

For _____

(WHO ARE YOU BEGINNING THIS HEALTH JOURNEY FOR?)

Signed _____

943266556-100212 78232940245

My Pledge Check
EXAMPLE

002

Address 123 Maple Tree Blvd.
Maple City, MN, 23456

Date 01 / 01 / 2021

Pay to the order of Ms. Sally Q. Public
(INSERT NAME HERE)

\$ 30
(WHAT IS YOUR PLEDGE?)

Move thirty minutes a day for a better me Dollars
(WRITE OUT PLEDGE HERE)

For My mom, children and life partner
(WHO ARE YOU BEGINNING THIS HEALTH JOURNEY FOR?)

Signed Ms. Sally Q. Public

943266556-100212 78232940245

Emergency Contact: _____

Phone: _____

Phone: _____

Healthcare Provider: _____

Phone: _____

Dentist: _____

Phone: _____

Gynecologist: _____

Phone: _____

Eye Doctor: _____

Phone: _____

Other: _____

Phone: _____

OTHER IMPORTANT PHONE NUMBERS

American Cancer Society 1-800-227-2345

NC Breast and Cervical Cancer Control Program 919-707-5300

NC WISEWOMAN Project 919-707-5303

QuitlineNC 1-800-784-8669

National Suicide Prevention Lifeline 1-800-273-8255

Diabetes Hotline 1-877-362-2678

Perinatal Substance Use Project 1-800-688-4232

Alcohol/Drug Council of North Carolina 1-800-688-4232

NC Coalition Against Sexual Assault 1-888-737-2272

NC HIV/AIDS Hotline “Get Real. Get Tested.” 1-888-HIV-4-REAL

Planned Parenthood 1-800-230-PLAN

United Way of North Carolina 211

General Health Information: *What you need to know*

Blood Pressure Checks: Measures the force of your blood when your heart beats (systolic) and when your heart rests (diastolic). High blood pressure can lead to heart disease, stroke, loss of eyesight and kidney damage. High blood pressure doesn't always have symptoms or signs. Ask your healthcare provider if your blood pressure is "normal" or "high."

Heart Rate Checks: Your pulse is checked to see how well the heart is working. In an emergency situation, your pulse rate can help determine if the heart is pumping enough blood.

Cholesterol Tests: Cholesterol is needed to help your cells grow. It also helps your body make hormones and digest fats. But a high level can put you at risk for heart disease. Most of the cholesterol in your body is LDL. The rest is high-density lipoprotein (HDL) or "good" cholesterol. HDL takes LDL to your liver, where it's flushed out of your body. High HDL levels might protect against heart attacks and strokes. Triglycerides are a type of fat that store extra energy from your diet. High triglyceride levels can make you more likely to have heart problems. Ask if you need this test when you schedule your routine physical exam.

"Blood Sugar" Glucose Checks: Diabetes is a disease in which your blood glucose, or blood sugar level, is too high. High blood sugar can harm your heart, kidneys, nerves, blood vessels and eyes. Talk to your healthcare provider about your risk for diabetes especially if it runs in your family. Ask if you need a glucose test.

General Health Information: *What you need to know*

HPV Screening: The Human papillomavirus (HPV) test is a screening test for cervical cancer, but the test doesn't tell you whether you have cancer. Instead, the test detects the presence of HPV , the virus that causes cervical cancer, in your cervix. Certain types of HPV – including types 16 and 18 – increase your cervical cancer risk.

Mammogram Screening: A mammogram is an X-ray of the breast. For many women, mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms. Having regular mammograms can lower the risk of dying from breast cancer. At this time, a mammogram is the best way to find breast cancer for most women. Talk to your doctor about when you should begin and how often you should have mammograms.

Colorectal Screening: Colorectal screening can find precancerous polyps, when treatment works best. Recommended beginning screening age is 45.

Pelvic Exam/ Pap Test (Smear) Test: A pelvic exam looks at the health of your ovaries, uterus, vagina and rectum. A breast exam looks for lumps that could be cancer. A Pap test looks for cancer of the cervix. You need a pelvic exam, a breast exam and a Pap test every 1 to 3 years. Your healthcare provider will help you decide how often is right for you. You may get these exams as part of your physical exam or you may get them from an OB/GYN.

General Health Information: *Knowing Your Numbers*

Immunizations	
Date	Type (Ex. HPV vaccine)

Blood Pressure/Heart Rate	
Date	Record Numbers

Total Cholesterol	
Date	Record Numbers

General Health Information: *Knowing Your Numbers*

008

Cholesterol – Triglycerides	
Date	Record Numbers

Cholesterol – HDLs	
Date	Record Numbers

Cholesterol – LDLs	
Date	Record Numbers

General Health Information: *Knowing Your Numbers*

009

"Blood Sugar" Glucose	
Date	Record Numbers

Menstrual Cycle	
Date Started	Date Ended

Pelvic Exam/Pap Smear Test	
Date	Results

General Health Information: *Knowing Your Numbers*

[illegible][illegible]

General Health Information: *Knowing Your Numbers*

Immunizations	
Date	Type (Ex. HPV vaccine)

Blood Pressure/Heart Rate	
Date	Record Numbers

Total Cholesterol	
Date	Record Numbers

General Health Information: *Knowing Your Numbers*

012

Cholesterol – Triglycerides	
Date	Record Numbers

Cholesterol – HDLs	
Date	Record Numbers

Cholesterol – LDLs	
Date	Record Numbers

General Health Information: *Knowing Your Numbers*

013

"Blood Sugar" Glucose	
Date	Record Numbers

Menstrual Cycle	
Date Started	Date Ended

Pelvic Exam/Pap Smear Test	
Date	Results

General Health Information: *Knowing Your Numbers*

Mammogram Screening	
Date	Results

[illegible]

Family Health History

It is important to tell your healthcare provider about any family history of cancer, stroke, heart disease, diabetes or mental illness.

Relationship	Health Problems	Cause of Death (If applicable)
Mother		
Father		
Grandmothers (Paternal / Maternal)		
Grandfathers (Paternal / Maternal)		
Brother/Sister		

My Emotional Health Check-In

Your feelings also affect your health. Your body can be harmed by long-term emotional stress and pain. Your healthcare provider, local support groups and organizations can help. Call or text the **HOPELINE** (919-231-4525 or 877-235-4525) for more information on the services in your area.

DEPRESSION? It's normal to be sad sometimes. But if your "blue mood" doesn't get better with time, you may be depressed. Depression is a serious health problem and needs treatment. If you have been very sad and have one or more of the following signs, seek help.

Most of the time I feel: _____

My Emotional Health Check-In

Do you...	Yes	No
Feel restless or moody?		
Feel worn out?		
Get a lot of headaches?		
Get chest pains?		
Have trouble sleeping or sleeping too much?		
Have trouble eating?		
Eat too much or too often?		
Have trouble making up your mind?		
Have little interest in things you once enjoyed?		
Feel useless and guilty?		
Feel like hurting yourself or someone else?		



Healthy Living

A healthier you is easier than you think. How easy? **All you need to do is change one thing.** Just one thing. And when you're done and feeling good, change one more thing! On and on you go, making yourself healthier by small, easy steps. Need help picking your one thing? Below is a list of good ideas you can choose from. All of these can support your healthy journey, make you feel better and reduce your risk of serious health conditions like heart disease, the number one killer of women in the U.S. Your healthy living can also reduce risks for cancer, and diabetes.

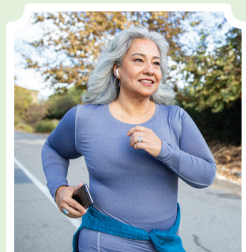
1. **Get 30 minutes or more of physical activity at least three times a week.**

Move your body to see big health gains! Walk, dance, ride a bike. Anything that gets you moving can improve your weight, mood and blood pressure.

What 3 things can you do to be more active?

For example: Walk before breakfast. Take the stairs. Go dancing on Fridays.

1. _____
2. _____
3. _____



Healthy Living

2. Eat healthy.

Eating healthy can go a long way to reduce your risk for health conditions like heart disease, cancer, diabetes. Eat more fruits and veggies each day. Eat foods high in fiber. Look for foods that are low in salt, trans fats and saturated fats. Drink water instead of soda or juice.

What 3 things can you do to help yourself eat healthy?

For example: Make my sandwiches on whole grain bread.
Make sure I always have fruit to snack on.

1. _____
2. _____
3. _____

3. Keep your weight in a healthy range.

(Doing healthy living steps #1 and #2 make this MUCH easier!)
Maintaining a healthy weight is really a matter of adding and subtracting. You add healthy food and drink choices to your body when you limit things like fried and fast foods. Also reduce your sugary drink (i.e. soda) intake and drink more water. You can maintain a healthy body when you are active.

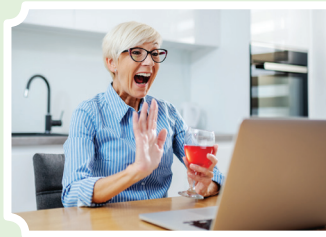
What 3 foods or drinks can you limit to help reduce sugary drinks or snacks?

For example: Soda, french fries and candy

1. _____
2. _____
3. _____

Healthy Living

- 4. Drink no more than one alcoholic drink per day.** Alcohol can increase your blood pressure, your risk of stroke and breast cancer and add to your waistline. If you regularly drink to get drunk, ask yourself why that might be. Many women drink, smoke or use medicines or drugs to deal with stress. If you need help, call **The Alcohol and Drug Council of N.C.** (1-800-688-4232). If you are pregnant or could be pregnant, don't drink at all. Even a little alcohol could harm your baby and cause birth defects.



- 5. Quit tobacco and stay away from secondhand smoke.** When you use tobacco or are exposed to secondhand smoke, you greatly increase your risk of heart disease and cancer. E-Cigarettes are harmful to your lungs as well. Quitting takes practice. If you or someone you love needs help quitting, call **QuitlineNC** (1-800-QUIT-NOW).

Healthy Living

6. Practice safe sex.

When you practice routine safe sex you are protecting yourself and your partner from sexually transmitted infections/diseases and unplanned pregnancies. Wear condoms and use birth control! If you have an itch, drip or fire you could have a fungal infection or a sexually transmitted infection. Talk to your healthcare provider for more information.



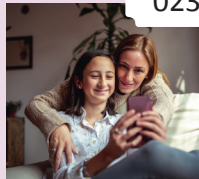
7. Test your home for radon.

If you are buying or selling a home, have it tested for radon. For a new home, ask if radon-resistant construction features were used and if the home has been tested. Radon is a colorless, odorless, radioactive gas. Being exposed to radon for a long period of time can lead to lung cancer.

8. Get appropriate health screenings.

When you get needed health screenings you are able to detect problems early. The sooner you know the better! Talk to your healthcare provider for more information.





Live Healthy To Be There...For Those Everyday Special Moments



My Health Journey

Taking care of yourself is important. Your life and health matter. You're valued and needed. So, take action! What are some ways you can be healthy? It takes practice. Think about the thing you would like to change the most about your health. **Now it's time for one small step.**

Pick 1 thing, just 1 thing that you will do for the next 30 days.

My 1 thing is: _____

To do that, I will help myself by: _____

And if I need more help, I will ask the following friends and family members to help me by:

CAUTION: Common Cancers Among Women

Types: Breast
Cervical • Colorectal
Lung • Skin

How you can lower your risk:

- ✓ Eat Healthier
- ✓ Be Physically Active
- ✓ Know Your Family History
- ✓ Get Screened
- ✓ Quit Tobacco Use



What You Need to Know if You Are in TREATMENT:

Cancer Survivorship Checklist

- ☐ Seek a second (or third) opinion if it will make you feel more comfortable
- ☐ Have a family member or friend attend appointments with you to provide support, ask questions, and take notes
- ☐ Share with your provider what's most important to you, so your goals can be included in your treatment plan
- ☐ Discuss your treatment options , including the benefits and side effects (both short-term and long-term of each)
- ☐ Ask for a written plan of care including:
 - ☐ Frequency of treatments and tests
 - ☐ Side effects you should expect and how to manage them
 - ☐ Resources you can use to understand the diagnosis and treatment better
 - ☐ How and when you should contact your care team if you have concerns and questions

The North Carolina Comprehensive Cancer Control Program works to equip individuals, cancer survivors/advocates, caregivers, providers, partners, communities, organizations, and employers with the knowledge, skills and tools to promote health and provide support through the cancer continuum (prevention, early detection, diagnosis, treatment, survivorship, and end of life).

For more information on cancer prevention and control, visit the NC Comprehensive Cancer Control Program, NC Cancer Prevention and Control Branch at <https://publichealth.nc.gov/cccp>





NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**



Cancer Prevention & Control Branch • <https://publichealth.nc.gov/cccp>
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