

CONTRACEPTIVE OPTIONS

There are a variety of reasons to choose one method over another. As with any medication, there are also risks to consider. A discussion with your doctor will help to determine the safest & most effective method of birth control for you.

- You may find this Cycle Tracking App useful:



Period Tracker Lite (free, iOS/Android)

This user-friendly app helps predict your next period, fertile days, ovulation, & keeps daily logs of mood, symptoms, & notes.

Cyclic Hormonal Methods

- *Combined Oral Contraceptives ("The Pill")*
- *Progestin-only Oral Contraceptives*
- *Transdermal Patch*
- *NuvaRing™*

Long-acting Reversible Methods

- *Mirena™ / Skyla™ (IUD -- hormonal)*
- *Paragard™ (IUD – non-hormonal)*
- *Nexplanon™ (Implant – hormonal)*
- *Depo Provera™ (Injection – hormonal)*

Barrier Methods

- *Condoms (male/female)*
- *Diaphragm / Cervical Cap*

Permanent Methods

- *Essure™*
- *Tubal Ligation*

FERTILITY

- Talk to your doctor about your family-planning goals to optimize fertility or address any concerns regarding difficulty conceiving.
- You may find these Fertility Apps useful:



Kindara Fertility (free, iOS)

A customizable, easy-to-use app that tracks & charts cycles, BBT & personalized notes.



WomanLog (free, iOS, Android)

This calendar tracks cycles, lets you take daily notes, chart BBT, & predict fertile days.

Use the Synergy Women's Health Care Patient Portal's search engine for more information, resources and non-emergent needs.

We're here for your healthy body & healthy living goals.



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SCREENING RECOMMENDATIONS

Annual Exams

- Your annual well-woman exam is an important part of your healthcare. We recommend you see your doctor yearly for a breast, heart, lung, abdomen & thyroid exam.
- At this visit, your doctor will also perform a brief speculum & bimanual internal exam.

Pap (Cervical Cancer Screen)

- Guidelines suggest screening every 3 years. At age 30, your doctor will begin testing for the virus most associated with cervical cancer, HPV. If both of these tests are normal, future screening intervals may be every 5 years.

STI Screening

- Only if indicated.

Mammogram

- Screening is recommended either annually or biennially over 40 years of age.

MANAGING COMMON SYMPTOMS

PMS, Irregular Cycles, Painful Periods, Vaginal Irritation or Discomfort, etc.

- Discuss optimal treatment options with your doctor for these and other common gynecologic complaints. For helpful resources on complimentary treatments, visit the *Women In Balance Institute*: womeninbalance.org

HEALTHY LIVING

Choosing healthy habits can make a big difference in your overall physical and mental wellbeing. Your doctor may recommend trying a special diet to decrease the amount of inflammation in your body & help relieve some of your symptoms. It may be difficult at first, but here are some suggestions for a typical day on the Anti-Inflammatory Diet:

Breakfast:

- Egg & Spinach Scramble
Gluten-free Oatmeal with dried fruit, nuts, & drizzled with honey
- Green Smoothie: Kale, Banana, Strawberries, Blueberries, Almond Milk

Lunch

- Herb Salad with salmon, cucumbers & kalamata olives, sprinkled with dill & fresh-squeezed lemon
- Chicken, onion & bell pepper kabob with hummus
- Vegetarian Bowl: quick-sautéed kale, quinoa, black beans, avocado & olives with salsa

Dinner

- Baked Salmon with roasted vegetables & quinoa
- Hearty Lentil Soup with steamed, mashed cauliflower & gluten-free crackers
- Dijon Chicken with steamed asparagus & sautéed spinach

Snacks & Sweets

- Almonds, veggies & hummus, unsweetened applesauce with fruit, celery & nut butter, frozen berries drizzled with honey & sprinkled with coconut, frozen banana “pops” dipped in warm nut butter, roasted pecans brushed with maple syrup

HEALTHY WEIGHT GOALS

Body Mass Index guidelines set goals for healthy body composition.

- Ideal BMI for adults is 18.5-24.9
- BMI of 25.0-29.9 is considered overweight & >30 is considered obese.
To calculate your BMI:

$$= \frac{\text{mass(lb)}}{(\text{height(in)})^2} \times 703$$

○ **Cooking, Eating, & Grocery Shopping Apps**



SparkPeople Healthy Recipes (free, iOS/Android)

Plan healthy meals with this app from the most popular diet & fitness website in the US.



WholeFoods Market Recipes (free, iOS/Android)

A pick-your-ingredients recipe finder with optional allergy filters.



Fooducate (free, iOS/Android)

Scan a barcode and get all the nutritional info of the item.



MealSnap (iOS)

Take a photo of your plate & the app gives you an idea of the nutritional info & calories.



SparkPeople Diet & Food Tracker (free, iOS/Android)

Create daily meal plans based on personal health goals, log workouts & track progress over time.

○ **Fitness & Exercise Apps**



Nike Training Club (free, iOS)

Hundreds of different workouts to fit individual needs and goals. For women, by women.



MyFitnessPal (free, iOS/Android)

Track daily activity AND food. Nutritional info, barcode scanner, community exercise motivation.



All-in Yoga (iOS)

Personalized yoga based on level, goals, & lifestyle with photo, video & audio instruction.



Noom Weight Loss Coach (free, Android)

Personal tips, sensors that record activity, daily food intake tracking and “points” for sticking with the program.



Lose It! (free, iOS)

Set a daily calorie goal then achieve it with tracking activity & food. Search recipes & exercises, too, & get progress reports.

○ **Websites for Healthy Living**

[Recipes, Shopping Tips, Fitness & Wellbeing](#)

www.sparkpeople.com

www.wholeliving.com

www.eatright.org

www.cdc.gov/physicalactivity

www.acefitness.org

www.thekitchn.com

www.hungryhungryhippie.com