



# How Often Should I...

A COMPREHENSIVE GUIDE  
OF WHEN TO SEE YOUR  
DOCTOR FOR WOMEN  
AGES 21-101

*Lynnette Franklin*  
aka Nurse Nette

How Often Should I...is a work of my own creation.

The information in this book was correct at the time of publication, and the Author does not assume any liability for loss or damage caused by errors or omissions, again, this is my perspective, opinion, and experience, so it has been written as such.

Copyright © 2022 by Lynnette Franklin

All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information and retrieval systems, without the written permission of the Publisher, except where permitted by law.

*For more information about Nurse Nette visit:*



[@nursenette](https://www.facebook.com/nursenette)



[@lynnettefranklin](https://www.facebook.com/lynnettefranklin)



[@iamnursenette](https://www.instagram.com/iamnursenette)

# Introduction

One of the biggest areas of confusion & concern that I find my clients, colleagues, family & friends experiencing when it comes to their health & wellbeing, are knowing when they should be addressing certain areas of their mental, physical & emotional health.

Until now, there simply hasn't been a resource available that outlines some of the most important appointments & behaviors that a woman should be aware of throughout her life/

Health promotion is defined as the process of enabling people to increase control over, and to improve, their health, moving beyond a single focus on individual behavior & towards a wide range of social & environmental interventions (WHO).

This ebook has been created as a means of promoting an awareness of healthy behaviors & check points, in hopes of improving the lives of the amazing women in our lives.

This ebook has been organized into 3 forms of prevention:

Primary Prevention  
Secondary Prevention  
Tertiary Prevention

*For more information about Nurse Nette visit:*



[@nursenette](https://www.facebook.com/nursenette)



[@lynnettefranklin](https://www.facebook.com/lynnettefranklin)



[@iamnursenette](https://www.instagram.com/iamnursenette)

# Primary Prevention

Primary Prevention includes both individual actions/behaviors as well as following National Programs in place to promote disease prevention on a broader scale.

## Individual Actions/Behaviors -

- Eating a well balanced nutritious diet
- Exercising regularly
- Wearing protective gear such as helmets & seatbelts
- Participating in programs that promote a healthy lifestyle socially, physically, spiritually & financially

## National Programs for Disease Prevention -

- Immunizations (Personal)
- Occupational Safety & Health Administration (OSHA) job safety laws (Workplace safety)
- Environmental Protection Agency (EPA) laws (Home environment safety)

# Secondary Prevention

Secondary Prevention includes early detection of diseases before onset of signs & symptoms in order to minimize any damage. This process is also called screening.

## Screening Tests -

- Pap smears which screen for cervical cancer, begin at age 21. Between the ages of 21-29, women whose Pap smears are normal only need to be screened every three years.
- Women ages 30 & above should receive testing for the human papillomavirus (HPV) with their Pap smear. HPV is a STD which can cause cervical cancer.
- Mammogram screenings should begin at age 40 & take place every 1-2 years until age 75.
  - Mammograms can often detect early signs of breast cancer.
- CBC (Complete Blood Count) is a common blood test completed at routine check-ups to detect underlying blood disorders, anemia & immune system sufficiency. The specific details being explored with a CBC are:
  - Red Blood Cells, which carry oxygen from your lungs to the rest of your body.
  - Platelets, which help promote healthy clotting in your blood.

- White Blood Cells, which fight infections & other diseases. There are five major types of white blood cells. A CBC test measures the total number of white cells in your blood, while a CBC test with Differential, measures the number of each type of these white blood cells.
- Hemoglobin, which is a protein in red blood cells that carries oxygen from your lungs to the rest of your body.
- Hematocrit, which is a measurement of how much of your blood is made up of red blood cells.
- Mean Corpuscular Volume (MCV), which is a measure of the average size of your red blood cells.(NIH-national library of medicine)
- Blood Pressure Checks measure the pressure in your arteries as your heart pumps and should begin at age 18 in order to detect any issues early & put interventions in place to prevent further damage.
- Depression Screening to reviewing any feelings of sadness or hopelessness, beginning at age 12.
- Sexually Transmitted Infection Screening beginning when first sexually active, in order to respond to & address any questions or concerns you have regarding signs or symptoms you may be experiencing.
- Screening for Abuse including physical abuse, alcohol abuse, or illicit substance abuse (complete questionnaires to determine interventions)

# Tertiary Prevention

Tertiary Prevention includes prevention of disease progression as well as gaining support, rehabilitation & recovery as needed.

- Varying Support Groups including but not limited to Breast Cancer Support Groups, Alcoholics Anonymous (AA), Narcotics Anonymous, Domestic Violence Support Groups, Suicide Prevention Support Groups, National Alliance on Mental Illness Support Groups, etc.
- Education & Resources - Seek to educate yourself & increase your understanding of pre-existing diseases (hypertension, diabetes), possible diagnosis, healthy living options, habit transformation support for addictive behaviors, etc.

# References

Complete blood count (CBC): MedlinePlus medical test. (n.d.). MedlinePlus - Health Information from the National Library of Medicine. <https://medlineplus.gov/lab-tests/complete-blood-count-cbc>

Prevention strategies - StatPearls - NCBI bookshelf. (2021, May 9). National Center for Biotechnology Information. <https://www.ncbi.nlm.nih.gov/books/NBK537222/>

# About the Author

Lynnette Franklin aka Nurse Nette is a Professional Nurse within the Public School System, a Community Health Coach, a wife, mother, business owner & daughter of God, on a mission to empower others to heal themselves, mentally, physically & spiritually.



After gaining her Bachelor of Science degree in nursing Lynnette decided to go back to school, earning her Master of Science in Nursing (MSN) degree to become a Family Nurse Practitioner (FNP).

Lynnette has participated in several international mission trips, sharing her passion by assisting the masses in gaining awareness of their well-being and the fullness of what that means for their spirit, body, mind, and beyond.

She dreams of cultivating a world where Medical Clinicians and Missionaries work together, supporting people spiritually and naturally -- addressing Health and Hope.

Taking Care of the Whole You.

Lynnette strives to enrich the lives of others by bringing healing to all aspects of life, resulting in comprehensive health transformations.

*For more information about Nurse Nette visit:*



[@nursenette](https://www.facebook.com/nursenette)



[@lynnettefranklin](https://www.facebook.com/lynnettefranklin)



[@iamnursenette](https://www.instagram.com/iamnursenette)