

In Your 30s

Now is the time to create a strong foundation to protect your health into the future.

These are guidelines only. Your healthcare provider will personalize the timing of each test to meet your specific healthcare needs.

General health

- **Full checkup** – Including weight and height.
- **Sleep habits** – Discuss at your annual exam.
- **Thyroid (TSH) test** – Discuss with your healthcare provider.
- **HIV screening** – Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needles).

Heart health

- **Blood pressure test** – At least every two years.
- **Cholesterol panel** – Total, LDL, HDL and triglycerides; discuss with your healthcare provider.

Diabetes

- **Blood glucose or A1c test** – Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast awareness** – Know how your breasts normally look and feel so you can report any changes to your healthcare provider.

- **Clinical breast exam** – At least every three years.

Reproductive health

- **Pap test** – At least every three years.
- **Pelvic exam** – Yearly.
- **Sexually transmitted infection (STI) tests** – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

Mental health screening

- Discuss with your healthcare provider.

Eye and ear health

- **Comprehensive eye exam** – Discuss with your healthcare provider.
- **Hearing test** – Every 10 years.

Skin health

- **Skin exam** – Monthly self-exam of skin and moles and as part of a routine full checkup with your healthcare provider.

Oral health

- **Dental cleaning and exam** – Discuss with your dentist the right frequency for you.

Immunizations

- **Seasonal influenza vaccine** – Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** – Every 10 years.
- **Human papillomavirus (HPV) vaccine** – If your vaccine series is incomplete, discuss with your healthcare provider.
- **Meningococcal vaccine** – Discuss with your healthcare provider if you are a college student or military recruit.

Sources: U.S. Department of Health and Human Services
Office on Women's Health, Centers for Disease Control and Prevention



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As the area's exclusive Spirit of Women hospital, St. Luke's is committed to providing leading health services and education to help women and their families achieve their best health. For more information or to join St. Luke's Spirit of Women membership program, visit stlukes-stl.com or call 314-205-6654.

Services at St. Luke's for women in their 30s include:

- **Maternity Services** – From pregnancy through birth, St. Luke's offers maternity services focused on a personalized experience, including newly-renovated private birth suites, a maternity nurse navigator service, and a Lactation Center staffed by board-certified lactation consultants to provide breastfeeding education and support. St. Luke's level II Neonatal Special Care Nursery is equipped to care for premature infants delivered as early as 30 weeks and newborns with other special medical needs.
- **Fertility and Reproductive Services** – St. Luke's comprehensive obstetrical and gynecological care includes a wide range of reproductive health services including evaluation, diagnosis and treatment for reproductive disorders and pregnancy issues. St. Luke's is also home to some of the world's most groundbreaking, leading-edge therapies for infertility issues, including in vitro fertilization, assisted reproductive techniques and micro-surgery.
- **Mammography Services** – St. Luke's recommends annual screening mammograms, beginning at age 40. St. Luke's offers comprehensive, personalized screening and diagnostic breast health services including: several locations for 2D and 3D mammography, a risk assessment and management program, breast ultrasound and MRI, and breast care coordinators.
- **Pelvic Health Services** – St. Luke's offers a comprehensive approach to evaluation, management and treatment of incontinence, bladder control issues, pelvic organ prolapse and pelvic floor disorders. Resources include a pelvic health nurse navigator, a fitness and educational program (Total Control), pelvic health therapy and urogynecologic specialty care in female pelvic medicine and reconstructive surgery.
- **Perinatal Services** – St. Luke's offers a full range of perinatal services, including genetic amniocentesis testing, Doppler blood flow studies and obstetrical ultrasound. Genetic counseling is available for patients concerned about a family history of birth defects or genetic disease, maternal age, exposures during pregnancy or abnormal ultrasound findings.
- **Sleep Medicine Services** – The Sleep Medicine and Research Center provides comprehensive services related to the diagnosis and treatment of all types of sleep problems in patients six months old through adults. It includes the area's premier pediatric behavioral sleep medicine program.
- **Other Helpful Services**
 - Classes & Events (stlukes-stl.com): 314-542-4848
 - Maternity Tours & Classes: 314-205-6385
 - Physical Therapy & Wellness Services: 314-542-4800
 - Physician Referral Service: 314-205-6060
 - Sleep Medicine and Research Center: 314-205-6030
 - Urgent Care Centers: 314-205-6200
 - Women's Health Information & Pelvic Health Navigator: 314-205-6654

For optimal health, at least 30 minutes of physical activity most days of the week is recommended. For more information, visit stlukes-stl.com.

St. Luke's Hospital is a member of Spirit of Women®, a network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in health, education, and community outreach.