



Follow-up Provider Clinical Checklist for Young Women

☐ **Prescriptions refilled, adherence issues addressed as needed**

☐ **Genetics discussed:**

- Refer to counseling, as needed _____
- Refer for testing, as needed _____

☐ **Fertility/contraception issues updated:**

- Referral to fertility specialist, as needed _____

☐ **Menopausal symptoms or sexual dysfunction addressed:**

- Referral to specialist, as needed _____

☐ **Bone health recommendations made:**

- Encourage vitamin D (400-800 IU/day) and calcium (1000 mg/day if premenopausal, 1500mg/day if postmenopausal) supplementation
- Weightbearing exercise
- Baseline bone mineral density scan (DEXA scan) if at risk for osteoporosis

☐ **Psychosocial resources discussed:**

- Consider referral to social worker, counselor or other mental health professional
- Local support groups or other local programs
- One-to-one through ACS
- Young Survival Coalition: www.youngsurvival.org

☐ **Dietary and behavioral considerations discussed:**

- Encourage regular, moderate exercise
- Encourage weight reduction if overweight
- Consider nutrition consultation