



# Pacific Noble Primary Care

Compassionate | Comprehensive | Accessible

## May Health Awareness Month

### National Women's Health Month

#### Prioritize Your Health. Invest in You.

At **Pacific Noble Primary Care**, we believe women's health is essential to individual well-being and lifelong wellness. Taking time for preventative care, routine screenings, and self-awareness supports long-term wellness at every stage of life. This month, we're encouraging women to prioritize their health and stay proactive in their care.

**Preventative Care Matters** – Routine preventative services support early detection, supporting better long-term health and wellness outcomes:

- Annual Wellness Exams
- Blood pressure, cholesterol, and diabetes screening
- Cervical cancer screening
- Breast cancer screening
- Mental health screening (including stress, anxiety, and depression)

**Listen to Your Body** – Pay attention to changes and don't delay care if something feels off.

- Unusual fatigue or changes in energy
- Irregular menstrual cycles or hormonal changes
- Breast changes or discomfort
- Pelvic or abdominal pain
- Mood changes, anxiety, or depression



Women's Health

**“Caring for your health and well-being is one of the most important investments you can make.”**

**How Your PNPC Provider Can Support Your Prevention and Early Detection:** Annual Wellness Visits | Preventative Screenings and Specialist Referrals | Symptom Evaluation | Risk Assessments | Diagnostic Coordination | Focus on proactive, whole-person care.