

HEALTH SCREENINGS

Just for women

This chart lists recommended screenings and immunizations for women at average risk for most diseases. These are guidelines only. Your healthcare provider will personalize the timing of each test and immunization to best meet your healthcare needs.

SCREENING TESTS	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65 AND OLDER
General Health: Full checkup, including weight and height.	Discuss with your doctor or nurse annually.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH).	Start at age 35, then every 5 years.	Every 5 years.	Every 5 years.	Every 5 years.
Heart Health: Blood pressure test.	At least every 2 years.	At least every 2 years.	At least every 2 years.	At least every 2 years.
Cholesterol test.	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone mineral density test.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse, at least once.	Discuss with your doctor or nurse about repeating the test.
Eye and Ear Health: Eye exam.	Get your eyes checked every 2-4 years or if you have problems or visual changes.	Every 2-4 years.	Every 2-4 years.	Every 1-2 years.
Hearing test.	Starting at age 18, then every 10 years.	Every 10 years.	Every 3 years.	Every 3 years.
Diabetes: Blood sugar test.	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
Reproductive Health: Pap test & pelvic exam.	Every 1-3 years if you have been sexually active or are older than 21.	Every 1-3 years.	Every 1-3 years.	Discuss with your doctor or nurse.
HPV test.	Annually until age 25 if sexually active.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Chlamydia test.	Yearly until age 25 if sexually active. All pregnant women should have this test.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Sexually Transmitted Disease (STD) tests.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.

Women's Health



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Breast Health: Mammogram.	Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Breast Exam	Monthly self breast exam. Yearly clinical breast exam.	Monthly self breast exam. Yearly clinical breast exam.	Monthly self breast exam. Yearly clinical breast exam.	Monthly self breast exam. Yearly clinical breast exam.
Colorectal Health: Colonoscopy.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 10 years.	Every 10 years.
Rectal exam.	Discuss with your doctor or nurse.	Discuss with you doctor or nurse.	Every 1-10 years with screening (colonoscopy).	Every 1-10 years with screening (colonoscopy).
Skin Health: Mole exam.	Monthly mole self-exam; by a doctor every 3 years, starting at age 20.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.	Monthly mole self-exam; by a doctor every year.
Oral Health: Dental exam.	1-2 times every year.	1-2 times every year.	1-2 times every year.	1-2 times every year.
Mental Health:	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Immunizations: Influenza vaccine.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly.	Yearly.
Pneumococcal vaccine.				One time only.
Human papilloma-virus vaccine (HPV).	Discuss with your doctor or nurse. Highly recommended for ages 18-26.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	
Meningococcal vaccine.	Discuss with your doctor or nurse if attending college.			
Tetanus-Diphtheria booster vaccine.	Every 10 years.	Every 10 years.	Every 10 years.	Every 10 years.
Hepatitis A vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.

*Depending on your personal or family health history your healthcare provider may recommend testing earlier for some diseases.

Website Resources for Your Health

Men's Health: www.menshealth.com

Women's Health:

National Women's Health Information Center: womenshealth.gov

Breast Health (Susan G. Komen Foundation): www.susangkomen.org

Information taken from: National Women's Health information Center U.S.
Department of Health and Human Services, Office on Women's Health.
womenshealth.gov 1-800-994-9662 TDD: 1-888-220-5446

General Health:

American Heart Assn.: americanheartassociation.org

American Cancer Society: cancer.org

American Diabetes Assn.: diabetes.org

American Lung Assn.: lungusa.org

Prevention: www.yourdiseaserisk.com

Mental Health: www.linkdepression.com

Women's Health

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WOMEN'S HEALTH CASE MANAGER: 218-894-8816

www.lakewoodhealthsystem.com

