

♀ WOMEN'S HEALTH SCREENING CHECKLIST

In Your 20s



Pap smear

Every 3 yrs for cervical cancer screening starting at age 21



Breast Exam

Clinical breast exam every 1 - 3 yrs



STI Screening

Sexually transmitted infection (STI) screening, especially if sexually active



Regular Physical Exam

Annual visit with primary care provider

- Blood pressure check
- Cholesterol checked every 4 - 6 yrs if level is low and remains low
- Blood glucose levels checked every 3 yrs to screen for diabetes

In Your 30s



HPV Test and Pap smear

Co-testing every 5 yrs starting at age 30, or continue with pap smear only every 3 yrs



Breast Exam

Clinical breast exam every 1 - 3 yrs



Regular Physical Exam

Annual visit with primary care provider

- Blood pressure check
- Cholesterol checked every 4 - 6 yrs if level is low and remains low
- Blood glucose levels checked every 3 yrs to screen for diabetes

In Your 40s



Ovarian Cancer Screening

Every 3 yrs



HPV Test and Pap smear

Co-testing every 5 yrs starting at age 30, or continue with pap smear only every 3 yrs



Mammogram

Yearly beginning at age 40



Colonoscopy

Every 10 yrs beginning at age 45



Regular Physical Exam

Annual visit with primary care provider

- Blood pressure check
- Cholesterol checked every 4 - 6 yrs if level is low and remains low
- Blood glucose levels checked every 3 yrs to screen for diabetes



Calcium Scoring Scan

Every 5 yrs starting at age 45

In Your 50s



Ovarian Cancer Screening

Every 3 yrs



HPV Test and Pap smear

Co-testing every 5 yrs starting at age 30, or continue with pap smear only every 3 yrs



Mammogram

Yearly to test for signs of breast cancer



Colonoscopy

Every 10 yrs beginning at age 45



Regular Physical Exam

Annual visit with primary care provider

- Blood pressure check
- Cholesterol checked every 4 - 6 yrs if level is low and remains low
- Blood glucose levels checked every 3 yrs to screen for diabetes



Calcium Scoring Scan

Every 5 yrs starting at age 45

In Your 60s



Bone Density Screening

Every 3 yrs beginning at age



Mammogram

Yearly to test for signs up breast cancer



Calcium Scoring Scan

Every 5 yrs starting at age 45 (if score is zero)



Regular Physical Exam

Annual visit with primary care provider

- Blood pressure check
- Cholesterol checked every 4 - 6 yrs if level is low and remains low
- Blood glucose levels checked every 3 yrs to screen for diabetes



Continued Screening

Discuss with your health care provider the need for continued breast cancer screening and colon cancer screening, based on previous results and health status.