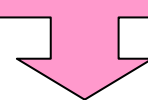


General Recommended Screenings and Immunizations

for Women

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.	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.
Diabetes: Blood Sugar Test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast)		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
Reproductive Health: Pap Test and 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	Every 1-3 years
Chlamydia test	If sexually active, yearly until age 25. Ages 26-39, if you are at high risk for chlamydia or other STDs, you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.
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

Recommended Screenings for Women with High Risk Factors



Are You African American?

Then ask your health care provider if you need the following screenings or tests more often or at a younger age:

- Blood pressure test;
- cholesterol test;
- blood sugar test;
- vision exam;
- colonoscopy;
- genetic counseling for sickle cell anemia

Are you Hispanic American?

Then ask your health care provider if you need the following screenings or tests more often or at a younger age:

- Blood pressure test;
- cholesterol test;
- blood sugar test;
- colonoscopy

➔ for Women

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
Colorectal Health: Fecal occult blood test			Yearly Flexible Sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Rectal Exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Eye and Ear Health: Eye Exam	Get your eyes checked 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	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
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	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Mental Health Screening	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
Tetanus-Diphtheria Booster Vaccine	Every 10 Years	Every 10 Years	Every 10 Years	Every 10 Years

Recommended Screenings for Women with High Risk Factors

Are you an Alaskan Native/Pacific Islander?

Then ask your health care provider if you need the following screenings or tests more often or at a younger age:

- Blood sugar test
- American Indian
- Blood sugar test

Are you of Ashkenazi Jewish Descent?

Then ask your health care provider if you need the following screenings or tests more often or at a younger age:

- Genetic counseling for Tay-Sachs disease, if you want to become pregnant; Ashkenazi Jewish with family history of breast or ovarian cancer;
- Genetic counseling for possible BRCA1/2 mutation

Are you Asian American?

Then ask your health care provider if you need the following screenings or tests more often or at a younger age:

- Blood sugar test; Age 65 or older Bone mineral density test; flu vaccine; pneumococcal vaccine