

# Women's Health Care at Scripps

## Recommended Health Screenings and Procedures

These recommendations are based on published national consensus screening guidelines for healthy women with an average risk of disease. Your individual recommendations may vary. We encourage you to talk with your provider about which screenings you need and when.

| Test/Screening  |   | Age  | Frequency                                       |
|---|---|--|---|
| <b>Breast Cancer Screening</b><br>Experts have different recommendations regarding when to begin screening and how frequently to screen. Talk to your doctor to determine which strategy is best for you.         |   | Starting at age 40                           | Every one to two years                          |
| <b>Bone Density Test</b><br>The test checks bone density to detect signs of osteoporosis or other bone problems.  |   | Age 65 or older                              | Every two years or less                         |
| <b>Carrier Screening</b><br>If you are planning to start a family, this test is recommended to determine if your children may have an increased risk of genetic disease.  |   | Before starting a family                     |   |
| <b>Colorectal Cancer Screening</b><br>Screenings are performed to detect signs of colon cancer.   | Colonoscopy   | Starting at age 45                           | Every 10 years until age 75                     |
|   | Fecal immunochemical testing (instead of colonoscopy) | Starting at age 45                           | Annually until age 75                           |
| <b>HPV Vaccine</b><br>This vaccine provides protection against the HPV virus.   |   | Ages 11–45                                   | Series of 2–3 shots depending on your age.      |
| <b>Pap Test</b><br>The Pap test checks for cervical cancer and the human papillomavirus (HPV), which can lead to cancer. Cells are gently scraped from the opening of the cervix and examined under a microscope. |   | Ages 21–29                                   | Every three years                               |
|   |   | Ages 30–65                                   | Every three to five years (with HPV co-testing) |
|   |   | Women who have had a hysterectomy or over 65 | Generally not needed                            |

For more information about women's health services at Scripps, call **1-800-SCRIPPS (727-4777)** or visit us at [scripps.org](http://scripps.org).

