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HEALTH SCREENINGS FOR WOMEN

WHICH TESTS YOU NEED AND WHEN

Having regular health exams and screenings can help your doctor detect diseases and conditions at their earliest stages, when they are the most treatable. Find out which screenings women should have and when to have them.¹

1 PHYSICAL EXAM

Get a preventive exam every 2 years. After 50, schedule a visit once a year.

2 BLOOD PRESSURE SCREENING

Have your blood pressure checked every 2 years starting at age 18. If you have heart disease, diabetes, kidney problems or certain other conditions, you may need to have your blood pressure checked more often.

3 CHOLESTEROL SCREENING

Cholesterol screenings should start at age 44 and be taken every 5 years. If you have risk factors for heart disease — such as diabetes — you may need to begin regular screenings earlier.

4 PAP SMEARS AND SEXUALLY TRANSMITTED INFECTION (STI) TESTING²

Women should have cervical cancer screening, which includes the Pap test and human papillomavirus (HPV) testing, every 3 years beginning at age 21. Between the ages of 30 and 65, Pap testing is recommended every 3 years and HPV cotesting every 5 years.

If you are sexually active, especially with multiple partners, you should get tested for chlamydia, gonorrhea and other STIs. To find out what type of test is right for you and when, have an honest conversation with your doctor about your sexual activity.

5 DIABETES SCREENING

Women should be screened for diabetes every 3 years at age 44. Screening should begin earlier for those who are overweight or have other risk factors.

6 EYE EXAM

Have an eye exam every 2 years. Screenings may need to be more often as you age. Adults with vision issues or who wear contact lenses may need annual exams.⁶

7 DENTAL EXAM

Visit the dentist once a year for an oral health exam. Cleanings may be needed more often, depending on the health of your teeth and gums.

8 MAMMOGRAPHY³

The American Cancer Society recommends annual mammography screening for all healthy women age 45 to 54. Healthy women age 55 and older should switch to every 2 years. Women with certain risk factors or a history of breast cancer may need to start screenings earlier.

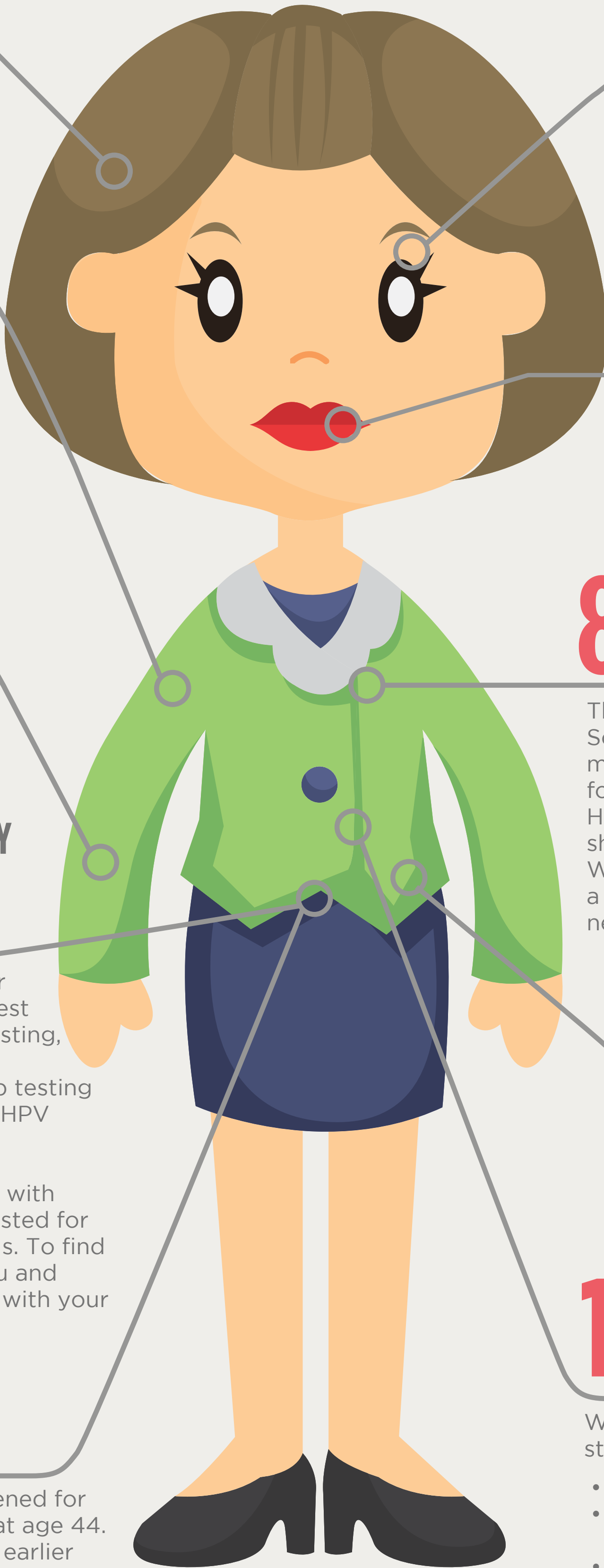
9 OSTEOPOROSIS SCREENING⁴

Recommended for postmenopausal women starting at age 65. Women with increased risk factors may need to be screened at an earlier age.

10 COLON CANCER SCREENING⁵

Women at average risk should start screening at age 50.

- Stool sample: every year
- Flexible sigmoidoscopy: every 5 to 10 years
- Colonoscopy: every 10 years



PELVIC EXAM



Guidelines released in 2014 by the American College of Physicians say women can skip the annual pelvic exam if they are not pregnant and have no unusual symptoms. Your needs may differ based on your medical history and risk factors, so ask your doctor if a pelvic exam should be a routine part of your care.

Your doctor may suggest earlier, more frequent or additional tests based on your unique health care needs. If you need help finding a doctor, call 1-800-SCRIPPS (727-4777) or visit scripps.org/WomenScreenings.

SOURCES

1. <http://www.womenshealth.gov/publications/our-publications/screening-tests-for-women.pdf>
2. National Cancer Institute: <http://www.cancer.gov/cancertopics/factsheet/detection/Pap-HPV-testing>
3. American Cancer Society: <http://www.cancer.org/cancer/breastcancer/moreinformation/breastcancerearlydetection/breast-cancer-early-detection-acrs-recs>
4. National Osteoporosis Foundation: <http://nof.org/articles/743>
5. U.S. National Library of Medicine: <http://www.nlm.nih.gov/medlineplus/ency/article/007467.htm>
6. <http://www.aoa.org/patients-and-public/caring-for-your-vision/comprehensive-eye-and-vision-examination/recommended-examination-frequency-for-pediatric-patients-and-adults?ss=y>