



## TAKING CARE OF YOUR HEALTH

In all the bustle of taking care of everything—and everybody else, women sometimes forget to take care of themselves. This handout lists the schedule for recommended health checks, tests, and vaccinations for women who are at average risk for most diseases. These charts are guidelines only. Your health care provider may suggest more frequent testing if you have a family history or personal medical history that suggests you have a higher chance of getting cancer or other diseases.

<i>Screening Tests</i>	<i>Ages 18–39</i>	<i>Ages 40–49</i>	<i>Ages 50–64</i>	<i>Ages 65 and older</i>
<b>General Health:</b>				
Full checkup, including weight and height	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider	Discuss with your health care provider
Thyroid test (TSH)	Start age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Eye and Ear Health:</b>				
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	Talk to your health care provider	Talk to your health care provider
<b>Mental Health Screening</b>	Talk to your health care provider	Talk to your health care provider	Talk to your health care provider	Talk to your health care provider
<b>Oral Health:</b>				
Dental exam	1–2 times a year	1–2 times a year	1–2 times a year	1–2 times a year
<b>Skin Health:</b>				
Mole exam	Self exam monthly; Health care provider exam every 3 years	Self exam monthly; Health care provider exam every 3 years	Self exam monthly; Health care provider exam every year	Self exam monthly; Health care provider exam every year
<b>Heart Health:</b>				
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, talk to your health care provider	Talk to your health care provider	Talk to your health care provider	Talk to your health care provider
<b>Diabetes:</b>				
Blood sugar test	Talk to your health care provider	Start at age 45, then every 3 years	Every 3 years	Every 3 years
<b>Bone Health:</b>				
Bone mineral density test		Talk to your health care provider	Talk to your health care provider	Get a bone density test at least once. Talk to your health care provider about repeat testing.
<b>Breast Health:</b>				
Mammogram (breast x-ray)		Every 1–2 years. Talk to your health care provider	Every 1–2 years. Talk to your health care provider	Every 1–2 years. Talk to your health care provider

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Screening Tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>Reproductive Health:</b>				
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	Talk to your health care provider
Chlamydia test	If sexually active, yearly until age 25. Ages 26–39, if you are at high risk for sexually transmitted diseases, you may need this test	If you are at high risk for sexually transmitted diseases, you may need this test.	If you are at high risk for sexually transmitted diseases, you may need this test.	If you are at high risk for sexually transmitted diseases, you may need this test.
Sexually transmitted disease (STD) tests (HIV, gonorrhea, syphilis)	Both partners tested for sexually transmitted diseases, including HIV, before having sexual intercourse.	Both partners tested for sexually transmitted diseases, including HIV, before having sexual intercourse.	Both partners tested for sexually transmitted diseases, including HIV, before having sexual intercourse.	Both partners tested for sexually transmitted diseases, including HIV, before having sexual intercourse.
<b>Colorectal Health:</b>				
Fecal occult blood test			Yearly	Yearly
Colonoscopy	Discuss with your health care provider	Discuss with your health care provider	Every 10 years	Every 10 years
Rectal exam	Discuss with your health care provider	Discuss with your health care provider	Every 5–10 years with each screening test	Every 5–10 years with each screening test
Flexible sigmoidoscopy			Every 5–10 years (if not having a colonoscopy)	Every 5–10 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)
<b>Immunizations:</b>				
Influenza vaccine	Discuss with your health care provider	Discuss with your health care provider	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years

Adapted from: the National Women's Health Information Center. Available at: <http://www.4woman.gov/screeningcharts/screenings-general.pdf>

## FOR MORE INFORMATION

### Recommended Screenings for Women with High Risk Factors

The National Women's Health Information Center

<http://www.4woman.gov/screeningcharts/screenings-general.pdf>

**Quiz on healthy lifestyle, information on healthy eating, calculate your BMI, learn about the symptoms of depression and other problems that are common in women.**

Web MD

<http://www.webmd.com/>

### Health Tools for Women

Web MD

[http://www.webmd.com/medical\\_information/health\\_tools/healthy\\_women/default.htm?z=3628\\_81000\\_0000\\_15\\_00](http://www.webmd.com/medical_information/health_tools/healthy_women/default.htm?z=3628_81000_0000_15_00)

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