

# Health Screening Checklist For Women

## Women 20 years and older

- Every three years have a cancer-related checkup including a skin exam.
- Annual pelvic exam and Pap smear (very important within three years of first sexual intercourse, regardless of age).
- Blood pressure every 2 years.
- STD (Sexually Transmitted Disease). Your doctor will determine whether you need STD screening tests based on your personal risk factors.



## Women between 20 and 39 years

- Annual pelvic exam and Pap smear.
- Monthly breast self examination.
- Annual breast exam by a health care professional (start at age 25).

## Women between 40 and 49 years

- Annual pelvic exam and Pap smear.
- Monthly breast self-examination.
- Annual breast exam by a health care professional.
- Annual mammogram.
- Cholesterol every 5 years.
- Blood glucose every 3 years.



## Women 50 years and older

- Annual pelvic exam and Pap smear.
- Monthly breast self-examination.
- Annual mammogram.
- Annual pelvic exam and Pap smear.
- At age 60, routine bone density.
- Colonoscopy every 10 years, OR both fecal occult blood testing annually and flexible sigmoidoscopy every five years.
- Annual skin exam.

For women of all ages, a cancer-related exam every three years is appropriate. Women with a high risk for cancer because of family history or specific signs and/or symptoms should work with their health care provider to design a specialized health care program.