

## Preventive Health Screening Recommendations for Women Based On Age

	Any age	20+	21+	40+	45+	50+	60 - 64+	65+
<b>Blood Pressure:</b> Have your blood pressure checked at least every 2 years	X	X	X	X	X	X	X	X
<b>Diabetes Tests:</b> Have a test to screen for diabetes if you have high blood pressure or high cholesterol.	X	X	X	X	X	X	X	X
<b>Pap Smears:</b> Have a Pap smear every 1 to 3 years if you have been sexually active or are older than 21.			X	X	X	X	X	X
<b>Mammograms:</b> Have a mammogram every 1 to 2 years starting at age 40				X	X	X	X	X
<b>Cholesterol Checks:</b> Have your cholesterol checked regularly starting at age 45.  <b>NOTE: If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20</b>		X If at risk	X If at risk	X If at risk	X	X	X	X
<b>Colorectal Cancer Tests:</b> Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you or if you should have the procedure at a younger age.						X	X	X
<b>Osteoporosis Tests:</b> Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about whether you should be tested.							X	X

*Note: This screening checklist provides a general guideline. Your risk may vary due to personal or family history, or health habits. Talk to your doctor about which screenings are best for you.*

*Source: Women: Stay Healthy at Any Age—Checklist for Your Next Checkup, Publication No. APPIP 03-0008, January 2004*