

WOMEN:

GET IT CHECKED!

Checkup and Screening Guidelines for Women

Checkups and Screenings	When?	Ages		
		20-39	40-49	50+
Physical Exam Review overall health status, perform a thorough physical exam, and discuss health related topics.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
Blood Pressure High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓
TB Skin Test Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	✓	✓	✓
Blood Test & Urinalysis Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years	✓		
	Every 2 years		✓	
	Every year			✓
EKG Electrocardiogram screens for heart abnormalities.	Baseline	Age 30		
	Every 2 years		✓	
	Every year			✓
Tetanus Booster Prevents lockjaw.	Every 10 years	✓	✓	✓
Rectal Exam Screens for hemorrhoids, lower rectal problems, and colon cancer.	Every year	✓	✓	✓
Breast Exam Clinical exam by health provider.	Every year	✓	✓	✓
Mammography X-ray of breast.	Every 1-2 years		✓	
	Every year			✓
Hemoccult Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
Colorectal Health A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years			✓
Chest X-Ray Should be considered in smokers over the age of 45.	Discuss with a physician		✓	✓
Bone Health Bone mineral density test.	Postmenopausal			✓
Self-Exams Breast: To find abnormal lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth.	Monthly by self	✓	✓	✓
Estrogen Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (luteinizing hormone) to determine if supplemental estrogen therapy is needed.	Discuss with a physician			✓
Sexually Transmitted Diseases (STDs) Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia, HIV, and other STDs.	Discuss with a physician	✓	✓	✓
Reproductive Health PAP test/Pelvic exam.	Every 1-3 years after 3 consecutive normal tests. Discuss with a physician	Age 18	✓	✓

Regular checkups and age-appropriate screenings can improve your health and extend your life. Members of high risk groups, or those with a family history of disease, should consult with their healthcare provider about individualized screening needs.

Information from Men's Health Network, www.menshealthnetwork.org