

## Health Screenings for Women

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64
Full checkup, weight and blood pressure	Once a year	Once a year	Once a year
Thyroid Test (TSH)	Every 5 years, beginning at age 35	Every 5 years	Every 5 years
Cholesterol test	Every 5 years, beginning at age 20	Every 5 years, or once a year if you have a heart disease risk factor	Every 5 years, or once a year if you have a heart disease risk factor
Osteoporosis: Bone mineral density test		Talk to your doctor if you are over 65	Get tested if you are over 65
Diabetes: Blood Glucose Test	Tested if you're overweight or have a family history of diabetes	Every 3 years, beginning at age 35	Every 3 years, or every 2 years if you have a heart disease risk factor
Mammogram (x-ray of breast)		Yearly	Yearly
Reproductive health: Pap Test, Pelvic Exam, Physical Breast Exam	Every 1-3 years after age 21, or if you have been sexually active		
Every 1-3 years			
Every 1-3 years			
Colorectal health: Fecal occult blood test			Yearly
Colorectal health: Colonoscopy		Every 5 years, beginning at age 40	Every 10 years, beginning at age 40
Skin health: Mole exam	Every 3 years, beginning at age 20	Yearly	Yearly