

Health screenings - women ages 40 to 64

Women ages 40 to 64 should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

<p>✓ <u>Blood Pressure Screening</u></p>	<ul style="list-style-type: none"> • In general you should have your blood pressure checked every 2 years. • If you have high blood pressure, diabetes, heart disease, kidney problems, or certain other conditions, you may need to have it checked more often.
<p>✓ <u>Breast Exam/ Mammogram</u></p>	<ul style="list-style-type: none"> • Your provider should do a complete breast exam as part of your preventive exam. • Women ages 40 - 49 may have a mammogram every 1 - 2 years. • Women ages 50 - 75 should have a mammogram every 1 - 2 years, depending on their risk factors.
<p>✓ <u>Cholesterol Screening</u></p>	<ul style="list-style-type: none"> • If you are over age 44, you should be checked every 5 years. • If you have high cholesterol levels, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.
<p>✓ <u>Colon Cancer Screening</u></p>	<ul style="list-style-type: none"> • If you are under age 50, you should be screened only if you have a strong family history of colon cancer or polyps, or if you have had inflammatory bowel disease. • If you are between ages 50 - 75, you should be screened for colorectal cancer.
<p>✓ <u>Diabetes Screening</u></p>	<ul style="list-style-type: none"> • If you are over age 44, you should be screened every 3 years. If you have high blood pressure or are overweight, you should be screened more often.
<p>✓ <u>Immunizations</u></p>	<ul style="list-style-type: none"> • You should get a flu shot every year. • Ask your provider if you should get a vaccine to reduce your risk of pneumonia. • You should have a tetanus-diphtheria and acellular pertussis (TdAP) vaccine once as part of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years. • You may get a shingles or herpes zoster vaccine once after age 60.

✓ <u>Infectious Diseases</u>	<ul style="list-style-type: none"> • Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.
✓ <u>Lung Cancer</u>	<ul style="list-style-type: none"> • You should get screened for lung cancer annually if you are age 55-80 and: <ul style="list-style-type: none"> ○ Have a 30 pack-year smoking history AND ○ Currently smoke or have quit within the past 15 years
✓ <u>Osteoporosis Screening</u>	<ul style="list-style-type: none"> • All postmenopausal women with fractures should have a bone density test. • If you are under age 65 and have risk factors for osteoporosis, you should be screened.
✓ <u>Pelvic Exam and Pap Smear</u>	<ul style="list-style-type: none"> • You should have a Pap smear every 3 years. If you have both a Pap smear and human papilloma virus (HPV) test, you can be tested every 5 years.