

WOMEN'S HEALTH GUIDELINES



RECOMMENDED FOR WOMEN AGES OVER 65 YEARS OF AGE

EXAMS / GENERAL HEALTH CHECK UPS	DESCRIPTION	FREQUENCY
BMI		Annually
DENTAL		1-2 times every year
GENERAL PHYSICAL EXAM		Annually
HEARING	Discuss with your provider	
MENTAL HEALTH	Discuss with your provider	
SKIN		Annually
VISION		Every 2 - 4 years
SCREENINGS / TESTS	DESCRIPTION	FREQUENCY
BREAST CANCER SCREENING		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually. Frequency for women between 40 and 49 may be decreased to every 2 years. Discuss risk factors and family history with your doctor
Breast Self-Exam (after instruction)	For women ages 20 and over	Monthly
CHOLESTEROL SCREENING <i>Lipid Panel, including LDL</i>	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile
COLORECTAL CANCER SCREENING <i>Screening Colonoscopy or High Sensitivity Stool Occult Blood Testing</i>	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 10 years (preferred for Colonoscopy) Annual Screening (Occult Blood Test)
Flexible Sigmoidoscopy	For women age 40, or 10 years younger than the youngest known case of Colorectal cancer and/or precancerous polyps in the family	Every 5 years, with high sensitivity stool occult blood testing every 3 years
DIABETES SCREENING <i>Fasting Plasma Glucose (preferred) - OR - Hemoglobin A1C</i>	For women ages 45 and over.	Every 3 years
HYPERTENSION SCREENING <i>Blood Pressure Measurement</i>	For all women, regardless of age	Every 1-2 years
OSTEOPOROSIS SCREENING <i>DXA (bone density testing)</i>	For women ages 65 and over, or starting at menopause if additional risk factors exist	Baseline testing, with follow-up interval based on test results
SEXUALLY TRANSMITTED DISEASE SCREENINGS		
Routine Chlamydia Screening	For women over age 25 who are at increased risk	Annually
HIV Screening	All women ages 13-64 should be offered the test	One-time screening with follow-up test based on discussion with your doctor of individual risk
VACCINATIONS / IMMUNIZATIONS	DESCRIPTION	FREQUENCY
DIPHTHERIA / TETANUS VACCINE	For women 65 or over	Single vaccination; no re-vaccination required
INFLUENZA (FLU) VACCINE	All women 6 months and older. Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
OTHER VACCINES YOU MAY NEED: Hepatitis A, Hepatitis B and/or Meningococcal (Meningitis)	Discuss with your provider	
PNEUMOCOCCAL VACCINE (Pneumonia)	All women ages 65 and over	Initial vaccination, with single re-vaccination 5 years later

WOMEN'S HEALTH GUIDELINES

FOR EVERY STAGE OF LIFE



RECOMMENDED FOR WOMEN AGES 18 - 39 YEARS OF AGE

EXAMS / GENERAL HEALTH CHECK UPS	DESCRIPTION	FREQUENCY
BMI		Annually
DENTAL		1-2 times every year
GENERAL PHYSICAL EXAM		Annually
HEARING	Discuss with your provider	
MENTAL HEALTH	Discuss with your provider	
SKIN		Annually
VISION		Every 2 - 4 years
SCREENINGS / TESTS	DESCRIPTION	FREQUENCY
BREAST CANCER SCREENING		
Breast Self-Exam (after instruction)	For women ages 20 and over	Monthly
CERVICAL CANCER SCREENINGS <i>Pap Smear/Human Papilloma Virus (HPV) Testing</i>	For women ages 21 - 65	Pap test without HPV test every 2 years up to age 30; Pap test with HPV test every 3 years after age 30 (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
CHOLESTEROL SCREENING <i>Lipid Panel, including LDL</i>	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile
COLORECTAL CANCER SCREENING <i>Flexible Sigmoidoscopy</i>	For women age 40, or 10 years younger than the youngest known case of Colorectal cancer and/or precancerous polyps in the family	Every 5 years, with high sensitivity stool occult blood testing every 3 years
DIABETES SCREENING <i>Fasting Plasma Glucose (preferred) - OR - Hemoglobin A1C</i>	For women ages 45 and over, or with a BMI greater than 25 with at least one additional risk factor	Every 3 years
HYPERTENSION SCREENING <i>Blood Pressure Measurement</i>	For all women, regardless of age	Every 1-2 years
SEXUALLY TRANSMITTED DISEASE SCREENINGS		
Routine Chlamydia Screening	For women through age 25 who are sexually active, and women over 25 who are at increased risk	Annually
HIV Screening	All women ages 13-64 should be offered the test	One-time screening with follow-up test based on discussion with your doctor of individual risk
VACCINATIONS / IMMUNIZATIONS	DESCRIPTION	FREQUENCY
DIPHTHERIA / TETANUS VACCINE	For women up to age 65	Every 10 years
DIPHTHERIA / TETANUS / PERTUSSIS VACCINE	For women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster
HUMAN PAPILLOMA VIRUS (HPV) VACCINE (Gardasil® and Cervarix® - for Cervical Cancer)	For all women between ages 9 and 26	One series of 3 vaccines
INFLUENZA (FLU) VACCINE	All women 6 months and older. Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
OTHER VACCINES YOU MAY NEED: Hepatitis A, Hepatitis B and/or Meningococcal (Meningitis)	Discuss with your doctor	
PNEUMOCOCCAL VACCINE (Pneumonia)	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single re-vaccination 5 years later

WOMEN'S HEALTH GUIDELINES



RECOMMENDED FOR WOMEN AGES 40 - 49 YEARS OF AGE		
EXAMS / GENERAL HEALTH CHECK UPS	DESCRIPTION	FREQUENCY
BMI		Annually
DENTAL		1-2 times every year
GENERAL PHYSICAL EXAM		Annually
HEARING	Discuss with your provider	
MENTAL HEALTH	Discuss with your provider	
SKIN		Annually
VISION		Every 2 - 4 years
SCREENINGS / TESTS	DESCRIPTION	FREQUENCY
BREAST CANCER SCREENING		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually. Frequency for women between 40 and 49 may be decreased to every 2 years. Discuss risk factors and family history with your doctor
Breast Self-Exam (after instruction)	For women ages 20 and over	Monthly
CERVICAL CANCER SCREENINGS Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 - 65	Pap test without HPV test every 3 years up to age 30; Pap test with HPV test every 5 years after age 30 or cytology every 3 years (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
CHOLESTEROL SCREENING Lipid Panel, including LDL	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile
COLORECTAL CANCER SCREENING Flexible Sigmoidoscopy	For women age 40, or 10 years younger than the youngest known case of Colorectal cancer and/or precancerous polyps in the family	Every 5 years, with high sensitivity stool occult blood testing every 3 years
DIABETES SCREENING Fasting Plasma Glucose (preferred) - OR - Hemoglobin A1C	For women ages 45 and over, or with a BMI greater than 25 with at least one additional risk factor	Every 3 years
HYPERTENSION SCREENING Blood Pressure Measurement	For all women, regardless of age	Every 1-2 years
SEXUALLY TRANSMITTED DISEASE SCREENINGS		
Routine Chlamydia Screening	For women over age 25 who are at increased risk	Annually
HIV Screening	All women ages 13-64 should be offered the test	One-time screening with follow-up test based on discussion with your doctor of individual risk
VACCINATIONS / IMMUNIZATIONS	DESCRIPTION	FREQUENCY
DIPHTHERIA / TETANUS VACCINE	For women up to age 65	Every 10 years
DIPHTHERIA / TETANUS / PERTUSSIS VACCINE	For women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster
INFLUENZA (FLU) VACCINE	All women 6 months and older. Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
OTHER VACCINES YOU MAY NEED: Hepatitis A, Hepatitis B and/or Meningococcal (Meningitis)	Discuss with your your provider	
PNEUMOCOCCAL VACCINE (Pneumonia)	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single re-vaccination 5 years later

RECOMMENDED FOR WOMEN AGES 50 - 64 YEARS OF AGE		
EXAMS / GENERAL HEALTH CHECK UPS	DESCRIPTION	FREQUENCY
BMI		Annually
DENTAL		1-2 times every year
GENERAL PHYSICAL EXAM		Annually
HEARING	Discuss with your provider	
MENTAL HEALTH	Discuss with your provider	
SKIN		Annually
VISION		Every 2 - 4 years
SCREENINGS / TESTS	DESCRIPTION	FREQUENCY
BREAST CANCER SCREENING		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually Frequency for women between 40 and 49 may be decreased to every 2 years. Discuss risk factors and family history with your doctor
Breast Self-Exam (after instruction)	For women ages 20 and over	Monthly
CERVICAL CANCER SCREENINGS Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 - 65	Pap test without HPV test every 2 years up to age 30; Pap test with HPV test every 3 years after age 30 (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
CHOLESTEROL SCREENING Lipid Panel, including LDL	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile
COLORECTAL CANCER SCREENING Screening Colonoscopy or High Sensitivity Stool Occult Blood Testing	For women age 50 and over with no family history of colorectal cancer and/or precancerous polyps	Every 10 years (preferred for Colonoscopy) Annual Screening (Occult Blood Test)
Flexible Sigmoidoscopy	For women age 40, or 10 years younger than the youngest known case of Colorectal cancer and/or precancerous polyps in the family	Every 5 years, with high sensitivity stool occult blood testing every 3 years
DIABETES SCREENING Fasting Plasma Glucose (preferred) - OR - Hemoglobin A1C	For women ages 45 and over.	Every 3 years
HYPERTENSION SCREENING Blood Pressure Measurement	For all women, regardless of age	Every 1-2 years
OSTEOPOROSIS SCREENING DXA (bone density testing)	For women ages 65 and over, or starting at menopause if additional risk factors exist	Baseline testing, with follow-up interval based on test results
SEXUALLY TRANSMITTED DISEASE SCREENINGS		
Routine Chlamydia Screening	For women who are at increased risk	Annually
HIV Screening	All women ages 13-64 should be offered the test	One-time screening with follow-up test based on discussion with your doctor of individual risk
VACCINATIONS / IMMUNIZATIONS	DESCRIPTION	FREQUENCY
DIPHTHERIA / TETANUS VACCINE	For women up to age 65	Every 10 years
DIPHTHERIA / TETANUS / PERTUSSIS VACCINE	For women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster
INFLUENZA (FLU) VACCINE	All women 6 months and older. Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
OTHER VACCINES YOU MAY NEED: Hepatitis A, Hepatitis B and/or Meningococcal (Meningitis)	Discuss with your your provider	
PNEUMOCOCCAL VACCINE (Pneumonia)	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single re-vaccination 5 years later