

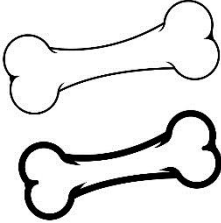







General Screenings and Immunizations




For Females Ages 50+* at Average Risk of Most Diseases


Screening Tests	When	Why
General Health:		
Full checkup, including height and weight 	Every 2-3 years. Discuss with your doctor or nurse.	To screen for diseases, assess risk for future problems, discuss lifestyle habits, and keep vaccinations up to date.
Thyroid Test (TSH)	Discuss with your doctor or nurse.	To identify an under- or overactive thyroid, both of which are very treatable and either of which can lead to more serious conditions if left untreated.
Heart Health:		
Blood Pressure Test 	At least every 2 years.	To test for high blood pressure, which can lead to heart attack, stroke, heart failure, and kidney and eye problems.
Cholesterol Test	Every 5 years starting at age 35. Discuss with your doctor or nurse.	Treating cholesterol abnormalities can help reduce your risk of heart disease.

Screening Tests	When	Why
<p>Bone Health:</p>		
<p>Bone Mineral Density Test</p> 	<p>At least once beginning at age 65; earlier depending on your risk factors for weak bones. Talk with your doctor or nurse.</p>	<p>There are no obvious signs of weak bones (osteoporosis) until you fracture a bone. Bone density screenings identify problems early, allowing you to start treatment and prevent further bone loss.</p>
<p>Diabetes:</p>		
<p>Fasting Blood Sugar (Glucose) Test</p> 	<p>Every 3 years. Testing may be more often or start earlier if you are overweight or at risk for diabetes. Speak with your doctor or nurse.</p>	<p>To provide an early warning sign of high blood sugar levels, which could mean an increased risk for diabetes.</p>
<p>Breast Health:</p>		
<p>Mammogram (X-ray of breast)</p>	<p>Every 1-2 years starting at age 40.</p>	<p>To identify possible early signs of breast cancer.</p>
<p>Breast Exam</p> 	<p>Females over 40 should get a clinical breast exam every year.</p> <p>Females should perform breast self-exams once a month.</p>	<p>Not all breast cancers are found on mammograms; a good clinical breast exam and self-exam can also help identify cancers relatively early.</p>

Screening Tests	When	Why
Reproductive Health:		
Pap Test	Females ages 30-65 should get a combined Pap test and HPV test every 5 years. Testing may be stopped after age 65. Discuss with your doctor or nurse.	Helps identify females at risk for developing cervical cancer.
Pelvic Exam	Every year for females starting at age 21.	A way to assess health, lifestyle and health risks.
Chlamydia 	Get the test if you are at high risk for Chlamydia, or have new or multiple sex partners. Speak with your doctor about testing.	Prevents spread of chlamydia.
Sexually Transmitted Illnesses (STI) Tests	All sexually active females and their partners should be tested for STIs, including HIV, before starting sexual activity.	Prevents spread of HIV and other STIs, many of which can only be detected through testing.

Screening Tests	When	Why
Colorectal Health:		
Colonoscopy 	Every 10 years starting at age 50. Alternatively, you may get a different test every 5 years. Discuss with your doctor or nurse.	To identify and remove precancerous polyps or early cancers.
Fecal Occult Blood Test	Once a year starting at age 50. Discuss with your doctor or nurse.	To provide an early warning sign about colon cancer. Not as good as a colonoscopy in identifying cancer or precancerous cells.
Rectal Exam	Every 5-10 years with each colon screening starting at age 50.	To help find early signs of colon cancer in the anal canal and lower rectum.
Eye & Ear Health:		
Eye Exam 	Follow your doctor's eye exam recommendations for ages 40-65. At age 65, get an eye exam every 1-2 years.	To test your vision and screen for glaucoma and macular degeneration, two common, often age-related conditions.
Hearing Test	Every 3 years.	To make sure you're hearing all life has to offer.

Screening Tests	When	Why
Oral Health:		
Dental Exam 	1-2 times a year.	To remove plaque and bacteria that could lead to tooth and gum disease; to check for tongue and mouth cancer.
Skin Health:		
Skin Exam 	Females should do a monthly skin self-exam. Speak to your doctor or nurse about how often to have an additional skin exam by your doctor.	To track worrisome moles, identify skin cancer early, and be able to report any changes to your doctor or nurse.
Mental Health:		
Mental Health Screening 	Discuss with your doctor or nurse.	If you are feeling sad or anxious for a long time, it might be helpful to speak with a doctor.
Immunizations:		
Influenza (Flu) Vaccine	Once a year.	Protection against some flu viruses.
Herpes Zoster	Once only at age 60 or older.	Shingles prevention.
Pneumococcal Vaccine (Pneumonia)	Once only at age 65 or older.	Protects against pneumonia.

Screening Tests	When	Why
Meningococcal Vaccine	Discuss with your doctor or nurse.	Protects against some types of meningococcal disease (meningitis).
Tetanus, Diphtheria, Pertussis Booster Vaccine (Td/Tdap)	Every 10 years.	Protects against tetanus, diphtheria, and pertussis.
Varicella (Chickenpox) 	Discuss with your doctor or nurse.	Protects against chickenpox, a usually mild but highly contagious childhood disease, which can be serious in infants and adults.

*** Please Note: These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to best meet your health care needs.**