

Common Health Care Recommendations for Women: Age 18 - 39

Tests

Age 18-39

Blood Pressure

First test at 21, and then at least every 2 years after 21

Cholesterol

First test at 20, and then at least every 5 years after 20

Pap Test & Pelvic Exam

Every 1-3 years if you are sexually active or if you are over the age of 21

Clinical Breast Exam

First at age 20, and then every 3 years

Mammography

As needed

Skin Health: Mole Exam

Monthly self mole exam; by a doctor starting at age 20

Diabetes

Discuss with your Doctor

Screenings

Age 18-39

Fecal Occult Blood Test

As needed

Flexible Sigmoidoscopy and
double contrast barium enema
or colonoscopy

As needed

Bone Density Measurement

As needed

Common Health Care Recommendations for Women: Age 40 - 49

Tests

Age 40 - 49

Blood Pressure

At least every 2 years

Cholesterol

Every 5 years

Pap Test & Pelvic Exam

Every 1 to 3 years

Clinical Breast Exam

Every year

Mammography

Every year

Skin Health: Mole Exam

Monthly self mole exam; once a year by a doctor

Diabetes

Starting at age 45, then every 3 years

Screenings

Age 40 - 49

Fecal Occult Blood Test

As needed

Flexible Sigmoidoscopy and
double contrast barium enema
or colonoscopy

As needed

Bone Density Measurement

As needed

Common Health Care Recommendations for Women: Age 50 - 64

Tests

Age 50 - 64

Blood Pressure

At least every 2 years

Cholesterol

Every 5 years

Pap Test & Pelvic Exam

Every 1 to 3 years

Clinical Breast Exam

Every year

Mammography

Every year

Skin Health: Mole Exam

Monthly self mole exam; once a year by a doctor

Diabetes

Every 3 years

Screenings

Age 50 - 64

Fecal Occult Blood Test

Every year

Flexible Sigmoidoscopy and
double contrast barium enema
or colonoscopy

Every 5 – 10 years

Bone Density Measurement

As needed

Common Health Care Recommendations for Women: Age 65 and Up

Tests

Age 50 - 64

Blood Pressure

At least every 2 years

Cholesterol

Every 5 years

Pap Test & Pelvic Exam

Discuss with your Doctor

Clinical Breast Exam

Every year

Mammography

Every year

Skin Health: Mole Exam

Monthly self mole exam; once a year by a doctor

Diabetes

Every 3 years

Screenings

Age 50 - 64

Fecal Occult Blood Test

Every year

Flexible Sigmoidoscopy and
double contrast barium enema
or colonoscopy

Every 5 – 10 years

Bone Density Measurement

Every 3 – 5 years