

CHAMPS

Center for Healthy Aging Ministries, Programs & Services

GENERAL SCREENING AND IMMUNIZATIONS FOR WOMEN

Staying healthy is important and Mother's Day is a great time for women to call and schedule their annual check-up. The following chart will serve as a guide for recommended testing to monitor your health status across the lifespan:

Screening tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
General health: Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Start at age 35 then every 5 years.	Every 5 years	Every 5 years	Every 5 years
Heart health: Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Bone Health: Bone mineral density test		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
Diabetes: Blood glucose test	Discuss with your doctor or nurse.	Start at age 45, then every 3 years.	Every 3 years.	Every 3 years.
Breast health: Mammogram (x-ray of breast)		Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Reproductive health: Pap test and pelvic exam	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years.	Every 1-3 years.	Discuss with your doctor or nurse.
Chlamydia test	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should be tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should be tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should be tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should be tested for STIs, including HIV, before initiating sexual intercourse.
Mental health screening	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Colorectal health: Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)

Screening tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and older
Colorectal health (continued): Double contrast barium enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy			Every 10 years	Every 10 years
Rectal exam	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
Eye and ear health: Complete eye exam	At least once between the ages 20-29 and at least twice between the ages 30-39, or any time that you have a problem with your eye(s).	Every 2-4 years	Every 2-4 years	Every 2-4 years
Hearing test	Starting at age 18, then every 10 years.	Every 10 years	Every 3 years	Every 3 years
Skin health Mole exam	Monthly mole self-exam; by doctor every 3 years, starting at age 20	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year
Oral health Dental exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Immunizations: Influenza vaccine	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster vaccine	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus vaccines (HPV)	Up to age 26, discuss with your doctor or nurse.			
Meningococcal vaccine	Discuss with your doctor or nurse if attending college.			
Herpes zoster vaccine (to prevent shingles)			Starting at age 60 one time only. Ask your doctor if it is okay for you to get it.	Starting at age 60 one time only. Ask your doctor if it is okay for you to get it.

Taken from the U.S. Department of Health and Human Services, Office on Women's Health website
www.womenshealth.gov

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