

# Keeping You Healthy at Every Age.



## Recommended health screenings for women

On the journey through life, your healthcare needs are constantly changing. Novant Health is here to provide personalized care you can trust every step of the way. By beginning and maintaining healthy habits now, you will benefit throughout your lifetime.

While each age brings its own changes and challenges, every person is unique. Be sure to discuss concerns with your provider at any age.

### Any age

#### General health

- Full checkup, including BMI, height and weight.
- Sleep habits: Discuss any concerns with your provider at your annual exam.
- Thyroid (TSH) test: Discuss with your provider or nurse.

#### Breast health

- Breast self-awareness: You should be aware of the normal appearance and feel of your breasts and notify your doctor with any concerns or changes.

#### Eye and ear health

- Discuss any vision or hearing difficulties with your provider.

#### Heart health

- Blood pressure test: At least every two years.
- Cholesterol panel, including total, LDL, HDL and triglycerides; discuss with your provider or nurse.

#### Immunizations

- Seasonal flu shot: Yearly.
- Tetanus-diphtheria-pertussis booster vaccine: Once every 10 years.

#### Mental health

- Emotional or coping issues: Talk to your provider.
- Abuse: Report any type of abuse to your provider.\*

#### Oral health

- Dental cleaning and exam: Every 12 months. Discuss with your dentist.

#### Reproductive health

- Sexually transmitted infection (STI) testing, including hepatitis C and HIV, should be discussed with your provider before you are sexually active with a new partner, if you have increased risk or an exposure.
- Gonorrhea and chlamydia testing: Yearly until age 25 if sexually active, and after age 25 if you have risk factors such as multiple or new partners.

#### Skin health

- Monitor skin for changes in moles or other skin lesions. Bring these to the attention of your provider.

### In adolescence

#### Immunizations

- Human papillomavirus (HPV) vaccine: Discuss with your provider.
- Meningococcal vaccine: Discuss with your provider.

#### Reproductive health

- Menstruation: Talk to your provider about any menstruation problems.

### In your 20s

#### Breast health

- Clinical breast exam: Every one to three years. Discuss with your provider.

#### Diabetes screening

- Blood glucose or A1C test: Discuss with your provider.

#### Immunizations

- Human papillomavirus (HPV) vaccine: Discuss catch-up vaccine if you have not been vaccinated or did not complete the vaccine series.
- Meningococcal vaccine: Discuss with your provider.

#### Reproductive health

- Pap test: Every three years.
- Pelvic exam: Discuss symptoms and concerns with your doctor, along with shared decision-making on need for pelvic exams.

### In your 30s

#### Breast health

- Clinical breast exams are recommended every one to three years for women ages 25-39.

#### Diabetes screening

- Blood glucose or A1C test: Discuss with your provider.

#### Immunizations

- Human papillomavirus (HPV) vaccine: Discuss with your provider if you are concerned about not being vaccinated.
- Meningococcal vaccine: Discuss with your provider.

#### Reproductive health

- Pap test: Every three years or co-testing with HPV every five years. Discuss with your provider.
- Pelvic exam: Discuss symptoms and concerns with your doctor, along with shared decision-making on need for pelvic exams.

\*Young women are at increased risk for rape and abuse in dating situations or friendship/acquaintance relationships. Report any type of abuse, such as physical, sexual or emotional, to your provider.

## In your 40s

### Breast health

- Clinical breast exam: Yearly. Discuss with your provider.
- Mammogram: Every one to two years. Discuss with your provider or nurse.

### Colorectal health (use one of these methods)

- Colonoscopy: Every 10 years.
- Flexible sigmoidoscopy: Every five years with fecal occult blood test.
- Fecal occult blood test: Yearly.

### Diabetes screening

- Blood glucose or A1C test: Start at age 45, then every three years. Discuss with your provider.

### Reproductive health

- Pap test: Every three years or co-testing with HPV every five years. Discuss with your provider.
- Pelvic exam: Discuss symptoms and concerns with your doctor, along with shared decision-making on need for pelvic exams.

## In your 50s

### Bone health

- Bone density screen: Discuss with your provider or nurse.

### Breast health

- Clinical breast exam: Yearly. Discuss with your provider.
- Mammogram: Every one to two years; discuss with your provider or nurse.

### Colorectal health (use one of these methods)

- Colonoscopy: Every 10 years.
- Flexible sigmoidoscopy: Every five years with fecal occult blood test.
- Fecal occult blood test: Yearly.

### Diabetes screening

- Blood glucose or A1C test: Every three years.

### Immunizations

- Shingles vaccine is recommended for adults aged 50.

### Reproductive health

- Pap test: Every three or five years depending on type of testing used: Discuss with your provider.
- Pelvic exam: As indicated by medical history, symptoms or shared decision-making.

## In your 60s

### Bone health

- Bone density screen: Begin screening at age 65 if not high risk.

### Breast health

- Clinical breast exam: Yearly. Discuss with your provider.
- Mammogram: Every one to two years; discuss with your provider or nurse.

### Colorectal health (use one of these methods)

- Colonoscopy: Every 10 years.

Sources: CDC, American College of Obstetricians and Gynecologists, and Women's Preventive Services Initiative.

- Flexible sigmoidoscopy: Every five years with fecal occult blood test.
- Fecal occult blood test: Yearly.

### Diabetes screening

- Blood glucose or A1C test: Every three years.

### Immunizations

- Pneumococcal vaccine: Discuss with your provider.
- Herpes zoster vaccine: One time only (to prevent shingles).

### Mental health and lifestyle

- End of life planning: Discuss with your provider.

### Reproductive health

- Pap test: Discontinue after age 65 with adequate negative screening.
- Pelvic exam: Discuss symptoms and concerns with your doctor, along with shared decision-making on need for pelvic exams.

## In your 70s and beyond

### Bone health

- Bone density screen: Discuss with your provider or nurse.

### Breast health

- Clinical breast exam: Yearly. Discuss with your provider.
- Mammogram: Every one to two years; discuss with your provider or nurse. After age 75, discuss with your doctor.

### Colorectal health (use one of these methods)

- Colonoscopy: Every 10 years. After age 75, discuss with your provider or nurse.
- Flexible sigmoidoscopy: Every five years with fecal occult blood test. After age 75, discuss with your provider or nurse.
- Fecal occult blood test: Yearly. After age 75, discuss with your provider or nurse.

### Diabetes screening

- Blood glucose or A1C test: Every three years.

### Immunizations

- Pneumococcal vaccine: Discuss with your provider.
- Herpes zoster vaccine: One time only (to prevent shingles).

### Mental health and lifestyle

- End of life planning: Discuss with your provider.

### Reproductive health

- Pap test: Discontinue after age 65 with adequate negative screening.
- Pelvic exam: Discuss symptoms and concerns with your doctor, along with shared decision-making on need for pelvic exams.

Need a provider? Find one and schedule at [NovantHealth.org/Now](https://www.novanthealth.org/Now) or schedule through MyChart at [MyNovant.org](https://www.mynovant.org)