



A Woman's Guide to Health Screenings

SCREENING	TYPE	AGE GROUP	WHEN
MENTAL HEALTH	Interview by your doctor	18 years and older	At least yearly
GYNECOLOGICAL HEALTH	Pelvic exam	21 years and older	Every 1 to 2 years
HEART HEALTH	Blood pressure	18 years and older	Every 1 to 2 years
HEART HEALTH	Blood cholesterol test	45 years and older	Every 5 years, (< 45-year-old females may be screened after discussion with their providers)
DIABETES	Blood sugar test	All women 18 years and older should discuss with their physician Highly recommended for women 40 to 70 years old.	May be obtained yearly
HEPATITIS C	Bloodwork	Women born 1945 to 1965	At least once in a lifetime
OSTEOPOROSIS	DEXA bone density scan	65 years and older	Frequency depends on results
CERVICAL CANCER	HPV vaccination	9 to 26 years	3 shots within 6 months
	Pap smear	21 to 65 years	Every 3 to 5 years
BREAST CANCER	Mammogram	45 to 74 years	Every 1 to 2 years
		40 to 44 years for higher-risk women	Every year
COLON CANCER	Colonoscopy is preferable	50 to 74 years Young women at high risk may start earlier	Every 5 to 10 years depending upon family history and results
LUNG CANCER	Low-dose CT scan of chest in highly selected group of women	55 to 80 years, depending upon smoking history	Every year
HIV	Bloodwork	13 to 64 years old	At least once in a lifetime

Visit MedStarGoodSam.org/GoodHealth or call **855-546-1995** for more information or to make an appointment with a physician.