



# A Woman's Guide to Health Screenings

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

Visit [MedStarGoodSam.org/GoodHealth](http://MedStarGoodSam.org/GoodHealth) or call **855-546-1995** for more information or to make an appointment with a physician.