

# WOMEN PREVENTIVE SCREENING RECOMMENDATIONS



The right preventive care at every stage of life helps you stay healthy, avoid or delay the onset of disease, and keeps conditions you already have from becoming worse. These are general guidelines only. Your primary care provider will personalize the timing of the screenings and vaccinations you need based on many factors – talk to your primary care provider today about your preventive screenings!

- 20s**
- Maintain healthy weight and discuss any concerns
  - Blood pressure every 3 years
  - Discuss cholesterol and diabetes
  - STDs  Discuss vaccinations such as HPV, including HIV tetanus, whooping cough and flu
  - Cancer screening:
    - Pap and/or HPV (Human Papilloma Virus) every 3 years

- 30s**
- Maintain healthy weight and discuss any concerns
  - Blood pressure every 3 years
  - Discuss cholesterol and diabetes
  - STDs  Discuss vaccinations such as HPV, including HIV tetanus, whooping cough and flu
  - Cancer screening:
    - Pap and/or HPV every 3-5 years

- 40s**
- Maintain healthy weight and discuss any concerns
  - Blood pressure annually
  - Discuss cholesterol and diabetes
  - STDs  Discuss vaccinations such as including HIV tetanus, whooping cough and flu
  - Cancer screenings:
    - Colon cancer
    - Pap and/or HPV every 3-5 years
    - Discuss mammogram

- 50s**
- Maintain healthy weight and discuss any concerns
  - Blood pressure annually
  - Discuss cholesterol and diabetes
  - STDs including HIV
  - Hepatitis C screening if born between 1945-1965
  - Discuss vaccinations such as pneumonia, shingles, tetanus, whooping cough and flu
  - Cancer screenings:
    - Colon cancer  Pap and HPV every 3-5 years
    - Mammogram every 2 years (minimum)
    - Lung cancer screening annually starting at age 55 (if high risk)

- 60s and 70s**
- Maintain healthy weight and discuss any concerns
  - Blood pressure annually
  - Discuss cholesterol and diabetes
  - Osteoporosis screening at least once
  - STDs including HIV
  - Hepatitis C screening if born between 1945-1965
  - Discuss vaccinations such as pneumonia, shingles, tetanus, whooping cough, flu and RSV
  - Cancer screenings:
    - Colon cancer until age 75 (minimum)
    - Discuss if PAP and/or HPV screening is needed
    - Mammogram every 2 years until age 75 (minimum)
    - Lung cancer screening annually until age 80 (if high risk)

- 80s**
- Continue to meet at least annually with your primary care provider to discuss screening and treatment options that are right for you.

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