

# Taking Charge of My Health



## \*Suggested Health Screenings for Women

20s

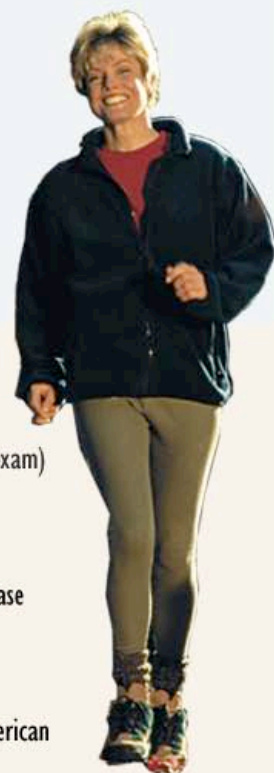
- Annual PAP smear
- Annual dental check up
- Annual HIV test — know your status and practice prevention or maintenance; can reduce frequency if practicing safe sex/abstinence

30s

- Annual PAP smear
- Annual Physical
- Annual dental check up
- Body Mass Index (BMI) test — establish a baseline; work with your doctor to reduce if necessary
- Annual HIV test — know your status and practice prevention or maintenance; can reduce frequency if practicing safe sex/abstinence

40s

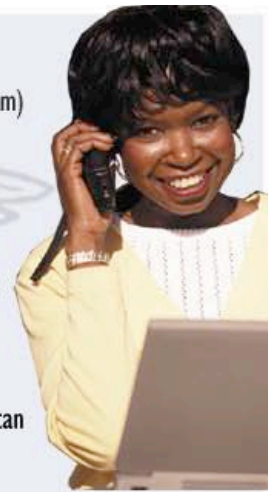
- Annual PAP smear
- Annual dental check up
- Annual Physical (including blood pressure screening, pelvic exam and digital rectal exam)
- Annual mammogram — to begin earlier if in an at-risk category
- HIV test — know your status and practice prevention or maintenance
- Annual Influenza vaccination - if at high risk or diagnosed with heart or lung disease
- Tetanus Booster every 10 years
- Cardiovascular Risk Evaluation - total cholesterol and HDL every 5 years
- Vision screening - Glaucoma screening every 5 years, more frequently if African American or have a family history of glaucoma;
- Cancer Risk Evaluation - **Skin:** The American Cancer Society recommends a cancer-related checkup, including skin examination, every three years for people between 20 and 40 years of age and every year for people age 40 and older. **Colon**
- Annual PAP smear





# 50s

- Annual dental check up
- Annual Physical (including blood pressure screening, pelvic exam and digital rectal exam)
- HIV test — know your status and practice prevention or maintenance
- Bone Density Test
- Annual mammogram — to begin earlier if in an at-risk category
- Annual Influenza vaccination - if at high risk or diagnosed with heart or lung disease
- Tetanus Booster every 10 years
- Cardiovascular Risk Evaluation - total cholesterol and HDL every 5 years
- Vision screening - Glaucoma screening every 5 years, more frequently if African American or have a family history of glaucoma;
- Cancer Risk Evaluation - **Colon**



# 60s

- Annual dental check up
- Annual PAP smear
- Bone Density Test
- Annual mammogram — to begin earlier if in an at-risk category
- HIV test — know your status and practice prevention or maintenance

# 70s

- Annual dental check up
- Annual Physical (including blood pressure screening, pelvic exam and digital rectal exam)

*\*This chart is a suggested guide. It is not meant to supersede the advice of a physician and/or medical expert.*

**The Mayo Clinic has a great online tool to assist you with guidelines according to your age and gender.**

**Visit <http://www.mayoclinic.com/health/health-screening/W000112>**

