

## The Best Protection Is

Health screenings and tests can be lifesavers. A clean bill of health will give you great peace of mind. And if something needs medical attention, the sooner it's detected, the better.

TEST	FREQUENCY	DATE
BLOOD PRESSURE READING	Every 1-2 years or as directed by doctor; more frequently if over 140/90	
BONE DENSITY TEST (for osteoporosis)	Under 65: For postmenopausal women with risk factors—Baseline test, then as needed 65 & older: Baseline test, then as needed	
BREAST CANCER SCREENINGS <sup>1</sup>	40 & older: Mammogram and clinical breast exam (CBE) annually <sup>2</sup> 20s & 30s: CBE about every 3 years Starting in 20s: Choose whether or how often to do breast-self exam (BSE) <sup>3</sup>	
CHOLESTEROL CHECK	Every 5 years or as directed by doctor	
COLORECTAL SCREENINGS <sup>1</sup>	50 & older: One of these 7 schedules— <i>Tests that find polyps and cancer (preferred by the American Cancer Society):</i> <ul style="list-style-type: none"> <li>flexible sigmoidoscopy every 5 years<sup>4</sup> or</li> <li>double contrast barium enema every 5 years<sup>4</sup> or</li> <li>CT colonography (virtual colonoscopy) every 5 years<sup>4</sup> or</li> <li>colonoscopy every 10 years</li> </ul> <i>Tests that mainly find cancer:</i> <ul style="list-style-type: none"> <li>fecal occult blood test every year<sup>4</sup> or</li> <li>fecal immunochemical test every year<sup>4</sup> or</li> <li>stool DNA test (talk with your doctor about frequency)<sup>4</sup></li> </ul>	
DENTAL CHECKUP	Every 6 months	
DIABETES SCREENING	18-44: If you are overweight and have other risk factors <sup>5</sup> 45 & older: If you are overweight <sup>5</sup>	
ENDOMETRIAL SCREENINGS <sup>1</sup>	35: Women should discuss risk factors with doctor and see if screenings are advised Starting at menopause: Report unexpected bleeding or spotting to doctor	

## Early Detection

The following are recommended health tests for women. Try planning checkups around your birthday; they're easier to remember that way.

TEST	FREQUENCY	DATE
EYE EXAM	20-29: At least once 30-39: At least twice 40: Baseline eye disease screening 40-64: As directed by doctor 65 & older: Every 1-2 years	
HEARING TEST	18-50: Every 10 years 51 & older: Every 3 years	
PAP TEST <sup>1</sup>	Start about 3 years after beginning to have vaginal intercourse, but no later than age 21: Every 1-2 years based on Pap test used <sup>6</sup>	
PELVIC EXAM	Annually starting at age 18; earlier if sexually active before 18	
ROUTINE PHYSICAL (including cancer-related checkup)	Annually or as directed by doctor	
THYROID SCREENING	35 & older: Every 5 years or as directed by doctor	

In view of your health history, ask your doctor whether you need earlier or more frequent tests or screenings.

- <sup>1</sup> Based on American Cancer Society recommendations.
- <sup>2</sup> If you think you are at higher than average risk for breast cancer, talk with your doctor about your history and what options are right for you.
- <sup>3</sup> Many experts recommend doing a monthly BSE. Consult your healthcare professional at the time of your CBE.
- <sup>4</sup> If test results are positive, colonoscopy should also be done.
- <sup>5</sup> If test results are normal, retest every 3 years. If test results indicate pre-diabetes, retest every 1-2 years.
- <sup>6</sup> Beginning at age 30, if you have had 3 normal Pap tests in a row, your doctor may recommend screenings every 2-3 years. Another option for women over age 30 is to have a Pap test every 3 years *plus* the HPV test for human papillomavirus. Women 70 and older with 3 normal Pap tests in a row in the last 10 years may choose to stop screening.