

RECOMMENDED SCREENINGS, TESTS, AND IMMUNIZATIONS FOR WOMEN WITH HIGH-RISK FACTORS



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1-800-994-9662

TDD: 1-888-220-5446

✓ if it applies	Does your family history include?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	High blood pressure	Blood pressure test ¹
	High cholesterol	Cholesterol test ²
	Heart disease, premature heart disease, or heart attack	Blood pressure test, cholesterol test, exercise stress test ^{3,4}
	Diabetes	Blood glucose test ⁵
	Breast cancer	Mammogram, ovarian cancer tests ⁶
	Endometrial cancer	Colon screening ^{7,8}
	Ovarian cancer	Pelvic exam, ovarian cancer tests, colon screening, clinical breast exam ⁹
	Osteoporosis, bone fracture in adulthood	Bone mineral density test ¹⁰
	Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling ^{11,12}
	Gum (periodontal) disease	Oral exam ¹³
	Hearing problems, deafness	Hearing test ¹⁴
	Vision problems, eye disease, blindness	Vision exam ¹⁵
	Inflammatory bowel disease; colon polyps; colon, ovarian, or endometrial cancer	Colonoscopy, sigmoidoscopy, DCBE, rectal exam, fecal occult blood test, pap test, pelvic exam, ovarian cancer tests ¹⁶⁻²¹
	Cancer, heart disease, or any illness at an unusually young age (50 or younger)	Genetic counseling, possible early screening tests ^{22,23}
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests ²⁴
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner. ²⁵

This chart lists screenings, tests, or exams you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

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✓ if it applies	Are You?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	African American	Blood pressure test, cholesterol test, blood glucose test, vision exam, colonoscopy, genetic counseling for sickle cell anemia ²⁶⁻³²
	Latina	Blood pressure test, cholesterol test, blood glucose test, colonoscopy ³³⁻³⁶
	Alaska Native or Pacific Islander	Blood glucose test, pneumococcal vaccine ³⁷⁻³⁹
	American Indian	Blood glucose test, pneumococcal vaccine ⁴⁰⁻⁴²
	Ashkenazi Jewish descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant ⁴³
	Ashkenazi Jewish with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation ^{44,45}
	Asian American	Blood glucose test ⁴⁶
	Age 65 or older	Bone mineral density test, flu vaccine, pneumococcal vaccine ⁴⁷⁻⁴⁹
	Between the ages of 60 and 64, weigh fewer than 154 lbs., and not taking estrogen	Bone mineral density test ⁵⁰
	College age	MMR vaccine, varicella vaccine, human papillomavirus (HPV) vaccine, meningococcal vaccine ⁵¹⁻⁵³
	Postmenopausal	Bone mineral density test ⁵⁴
	Pregnant	Blood pressure test, blood glucose test, urine test, HIV test, STD tests, MMR vaccine, hepatitis B antigen test ⁵⁵⁻⁵⁹
	A non-pregnant woman of childbearing age	MMR vaccine, varicella vaccine ⁶⁰
	A smoker	Blood pressure test, cholesterol test, bone mineral density test, oral exam, vision exam ⁶¹
	Overweight	Blood pressure test, blood glucose test, weight ⁶²
	Living in prison	Tuberculosis (TB) test; HIV test; STD tests; hepatitis A, B vaccines ⁶³⁻⁶⁵
	Living in long-term care	TB test, influenza vaccine, pneumococcal vaccine ⁶⁶⁻⁶⁸
	A health care worker	TB test, influenza vaccine, pneumococcal vaccine, MMR vaccine, varicella vaccine, HIV test, hepatitis test, hepatitis B vaccine if exposed to blood ⁶⁹⁻⁷¹

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✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	High blood pressure	Blood pressure test, cholesterol test, blood glucose test ^{72,73}
	High cholesterol	Blood pressure test, cholesterol test, blood glucose test ^{74,75}
	Heart disease	Blood pressure test, cholesterol test, blood glucose test, influenza vaccine, pneumococcal vaccine ⁷⁶⁻⁸⁰
	Diabetes	Blood pressure test, cholesterol test, blood glucose test, vision exam, urine test ⁸¹⁻⁴
	Gestational diabetes (diabetes during pregnancy)	Blood glucose test ⁸⁵
	A baby weighing more than 9 lbs.	Blood glucose test ⁸⁶
	Breast cancer	Mammogram, ovarian cancer tests ^{87,88}
	Dense breast	Digital mammogram, clinical breast exam ^{89,90}
	Cervical, uterine, endometrial, vaginal cancer	Pap test, pelvic exam, ovarian cancer tests, colon screening ⁹¹⁻⁹⁷
	Ovarian cancer	Pelvic exam, ovarian cancer tests, mammogram, colon screening ⁹⁸⁻¹⁰⁰
	Previous abnormal Pap tests	Pap test, pelvic exam, human papillomavirus (HPV) vaccine ^{101,102}
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle or little physical activity; low body weight (fewer than 154 lbs.), or a history of an eating disorder such as anorexia nervosa	Bone mineral density test ¹⁰³⁻¹⁰⁸
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test, TB test, influenza shot, MMR vaccine, pneumococcal vaccine, autoimmune screening test, bone mineral density test ¹⁰⁹⁻¹¹⁷

This chart lists screenings, tests, or exams you might need more often or earlier because of having high-risk factors or things in your life that increase your chances of developing a condition or disease.

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✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	Chronic lung disease	Influenza vaccine, pneumococcal vaccine ¹¹⁸⁻¹²¹
	Chronic liver disease	Hepatitis A, B vaccines ^{122,123}
	Thyroid disease	Thyroid test, influenza vaccine, pneumococcal vaccine, bone mineral density test (if hyperthyroid) ¹²⁴⁻¹²⁶
	Gum (periodontal) disease	Oral exam ¹²⁷
	Colon polyps; inflammatory bowel disease	Colonoscopy ^{128,129}
	Colon cancer	Endometrial cancer screening, colon cancer screening tests ^{130,131}
	A developmental delay	Vision exam, hearing test ¹³²
	Eye injury or disease	Vision exam ¹³³⁻¹³⁶
	Ear injury or prolonged exposure to loud noise	Hearing test ^{137,138}
	HIV/AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test; STD tests; influenza vaccine; pneumococcal vaccine; hepatitis screening; hepatitis A, B vaccines ¹³⁹⁻¹⁴²
	A blood transfusion or solid organ transplant before 1992	Hepatitis C test ¹⁴³
	Received clotting factor concentrates made before 1987	Hepatitis C test ¹⁴⁴
	A blood transfusion before 1985	HIV test ¹⁴⁵
	Multiple sex partners (or a partner who has or had multiple sex partners)	STD tests, HIV test, hepatitis B vaccine, Pap test, pelvic exam, human papillomavirus (HPV) vaccine ¹⁴⁶⁻¹⁵⁰
	Alcoholism	Pneumococcal vaccine, TB test, psychological screening, liver tests ¹⁵¹⁻¹⁵⁵
	Injection drug use (IDU) or addiction	Hepatitis A, B vaccines; hepatitis C test; TB test; STD tests; HIV test; psychological screening ¹⁵⁶⁻¹⁵⁹
	A sexually transmitted disease (STD)	STD tests, HIV test, Pap test, pelvic exam, hepatitis B vaccine, human papillomavirus (HPV) vaccine ¹⁶⁰⁻¹⁶⁴
	Lived or worked with someone exposed to tuberculosis (TB)	TB test ¹⁶⁵
	A serious injury (cut or laceration)	Tetanus-diphtheria booster vaccine ¹⁶⁶
	A baby recently (within the last few weeks or months)	Postpartum depression screening ¹⁶⁷

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(Footnotes)

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