

# GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>General health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH) <sup>1</sup>	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Heart health:</b> Blood pressure test <sup>2</sup>	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test <sup>3</sup>	Start at age 20, discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Bone health:</b> Bone mineral density test <sup>4</sup>		Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
<b>Diabetes:</b> Blood glucose test <sup>5</sup>	Discuss with your doctor or nurse.	Start at age 45, then every 3 years	Every 3 years	Every 3 years
<b>Breast health:</b> Mammogram (x-ray of breast) <sup>6</sup>		Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.	Every 1–2 years. Discuss with your doctor or nurse.
<b>Reproductive health:</b> Pap test and pelvic exam <sup>7</sup>	Every 1–3 years if you have been sexually active or are older than 21	Every 1–3 years	Every 1–3 years	Discuss with your doctor or nurse.
Chlamydia test <sup>8</sup>	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests <sup>8</sup>	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
<b>Mental health screening</b> <sup>9</sup>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Colorectal health:</b> Fecal occult blood test <sup>10,11</sup>			Yearly	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred) <sup>10,11</sup>			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)

## GENERAL SCREENINGS AND IMMUNIZATIONS FOR WOMEN



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

Screening tests	Ages 18–39	Ages 40–49	Ages 50–64	Ages 65 and older
<b>Colorectal health (continued):</b> Double contrast barium enema (DCBE) <sup>10,11</sup>			Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy <sup>10,11</sup>			Every 10 years	Every 10 years
Rectal exam <sup>10,11</sup>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
<b>Eye and ear health:</b> Complete eye exam <sup>12</sup>	At least once between the ages 20-29 and at least twice between the ages 30-39, or any time that you have a problem with your eye(s).	Every 2–4 years	Every 2–4 years	Every 1–2 years
Hearing test <sup>13</sup>	Starting at age 18, then every 10 years	Every 10 years	Every 3 years	Every 3 years
<b>Skin Health:</b> Mole exam <sup>14</sup>	Monthly mole self-exam; by a doctor every 3 years, starting at age 20	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year	Monthly mole self-exam; by a doctor every year
<b>Oral health:</b> Dental exam <sup>15</sup>	One to two times every year	One to two times every year	One to two times every year	One to two times every year
<b>Immunizations:</b> Influenza vaccine <sup>16</sup>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Yearly	Yearly
Pneumococcal vaccine <sup>16</sup>				One time only
Tetanus-diphtheria booster vaccine <sup>16</sup>	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Human papillomavirus vaccine (HPV) <sup>17</sup>	Up to age 26, discuss with your doctor or nurse.			
Meningococcal vaccine <sup>18</sup>	Discuss with your doctor or nurse if attending college.			
Herpes zoster vaccine (to prevent shingles) <sup>19</sup>			Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

## Citations

- <sup>1</sup> Ladenson PW, Singer PA, Ain KB, Bagchi N, Bigos ST, Levy EG, Smith SA, Daniels GH. American Thyroid Association Guidelines for Detection of Thyroid Dysfunction. *Archives of Internal Medicine*. 2000;160:1573-1575.
- <sup>2</sup> U.S. Preventive Services Task Force. Screening for High Blood Pressure: Recommendations and Rationale. July 2003. Agency for Healthcare Research and Quality, Rockville, MD. [www.ahrq.gov/clinic/3rduspstf/highbloodsc/hibloodrr.htm](http://www.ahrq.gov/clinic/3rduspstf/highbloodsc/hibloodrr.htm).
- <sup>3</sup> Adapted from:  
National Heart, Lung, and Blood Institute of the National Institutes of Health. Third Report of the National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). 2002. NIH Publication No. 02-5215.
- <sup>4</sup> U.S. Preventive Services Task Force. Screening for Osteoporosis in Postmenopausal Women: Recommendations and Rationale. September 2002. Agency for Healthcare Research and Quality, Rockville, MD. [www.ahrq.gov/clinic/3rduspstf/osteoporosis/osteorr.htm](http://www.ahrq.gov/clinic/3rduspstf/osteoporosis/osteorr.htm).
- <sup>5</sup> American Diabetes Association. Frequently Asked Questions about Pre-Diabetes. Available at: [www.diabetes.org/pre-diabetes/faq.jsp](http://www.diabetes.org/pre-diabetes/faq.jsp). Accessed October 25, 2006.
- <sup>6</sup> National Cancer Institute. Screening Mammograms: Questions and Answers. Available at: [www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms](http://www.cancer.gov/cancertopics/factsheet/Detection/screening-mammograms). Accessed October 23, 2006.
- <sup>7</sup> National Cancer Institute. The Pap Test: Questions and Answers. Available at: [www.cancer.gov/cancertopics/factsheet/Detection/Pap-test](http://www.cancer.gov/cancertopics/factsheet/Detection/Pap-test). Accessed October 23, 2006.
- <sup>8</sup> U.S. Preventative Services Task Force. Screening for Chlamydial Infection. June 2007. Agency for Healthcare Research and Quality, Rockville, MD. [www.ahrq.gov/clinic/uspstf/uspshlm.htm](http://www.ahrq.gov/clinic/uspstf/uspshlm.htm).
- <sup>9</sup> Adapted from:  
National Institute of Mental Health. Depression: What Every Woman Should Know. Available at: [www.nimh.nih.gov/publicat/depwomenknows.cfm#ptdep8](http://www.nimh.nih.gov/publicat/depwomenknows.cfm#ptdep8). Accessed October 25, 2006.
- <sup>10</sup> Centers for Disease Control and Prevention. Screening Guidelines (Colorectal Cancer). Available at: [www.cdc.gov/cancer/colorectal/basic\\_info/screening/guidelines.htm](http://www.cdc.gov/cancer/colorectal/basic_info/screening/guidelines.htm). Accessed October 24, 2006.
- <sup>11</sup> American Cancer Society. American Cancer Society Guidelines for the Early Detection of Cancer. Available at: [www.cancer.org/docroot/PED/content/PED\\_2\\_3X\\_ACS\\_Cancer\\_Detection\\_Guidelines\\_36.asp](http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp). Accessed October 24, 2006.
- <sup>12</sup> Eye exams. Foundation of the American Academy of Ophthalmology Web site. <http://www.eyecareamerica.org/eyecare/treatment/eye-exams.cfm>. Reviewed May 2007. Accessed March 27, 2008.
- <sup>13</sup> American Speech-Language-Hearing Association. Hearing Screening. Available at: [www.asha.org/public/hearing/testing](http://www.asha.org/public/hearing/testing). Accessed October 24, 2006.
- <sup>14</sup> American Cancer Society. Monitor your Skin for Signs of Skin Cancer. Available at: [www.cancer.org/docroot/NWS/content/NWS\\_1\\_1x\\_Monitor\\_Your\\_Skin\\_for\\_Signs\\_of\\_Skin\\_Cancer.asp](http://www.cancer.org/docroot/NWS/content/NWS_1_1x_Monitor_Your_Skin_for_Signs_of_Skin_Cancer.asp). Accessed October 25, 2006.
- <sup>15</sup> Agency for Healthcare Research and Quality. The Pocket Guide to Good Health for Adults. Available at: [www.ahrq.gov/ppip/adguide/adguide.pdf](http://www.ahrq.gov/ppip/adguide/adguide.pdf). Accessed October 24, 2006.
- <sup>16</sup> Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule—United States, October 2006—September 2007. *MMWR* 2006;55:Q1-Q4.
- <sup>17</sup> Adapted from:  
Centers for Disease Control and Prevention. HPV and HPV Vaccine: Information for Health Care Providers. Available at: [www.cdc.gov/std/HPV/STDFact-HPV-vaccine-hcp.htm#provhvprec](http://www.cdc.gov/std/HPV/STDFact-HPV-vaccine-hcp.htm#provhvprec). Accessed October 25, 2006.
- <sup>18</sup> Centers for Disease Control and Prevention. Meningococcal Disease. Available at: [www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm). Accessed August 23, 2006.
- <sup>19</sup> Centers for Disease Control and Prevention. Recommended Adult Immunization Schedule—United States, October 2007–September 2008. *MMWR* 2007;56(41):Q1-Q4.

*Current as of March 2008*