

## SCREENING TESTS FOR WOMEN

Check the guidelines listed here to find out about important screening tests for women. These guidelines are recommended by the U.S. Preventive Services Task Force. Keep in mind that these are guidelines only. Your doctor or nurse will personalize the timing of the screening tests you need based on many factors. Ask your doctor or nurse if you don't understand why a certain test is recommended for you. Check with your insurance plan to find out which tests are covered.

Screening tests	18-39	40-49	50-64	65 and older
<b>Blood pressure test</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80).  Get tested once a year if you have blood pressure between 120/80 and 139/89.  Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
<b>Bone mineral density test</b> (osteoporosis screening)			Discuss with your doctor or nurse if you are at risk of osteoporosis.	Get this test at least once at age 65 or older.  Talk to your doctor or nurse about repeat testing.
<b>Breast cancer screening</b> (mammogram)		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74.  Age 75 and older, ask your doctor or nurse if you need to be screened.
<b>Cervical cancer screening</b> (Pap test)*	Get a Pap test every 3 years if you are 21 or older, have had vaginal sex, and have a cervix.	Get a Pap test every 3 years if you have had vaginal sex, and have a cervix.	Get a Pap test every 3 years if you have had vaginal sex, and have a cervix.	Ask your doctor or nurse if you need to get a Pap test.
<b>Chlamydia test</b>	Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant.  Age 25 and older, get tested for chlamydia if you are at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk.	Get tested for chlamydia if you are sexually active and at increased risk.
<b>Cholesterol test</b>	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease.  Ask your doctor or nurse how often you need your cholesterol tested.

\* Final U.S. Preventive Services Task Force guidelines on cervical cancer screening can be found at [www.uspreventiveservicestaskforce.org/uspstf/uspscerv.htm](http://www.uspreventiveservicestaskforce.org/uspstf/uspscerv.htm)



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<b>Colorectal cancer screening</b> (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)			Starting at age 50, get screened for colorectal cancer.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75.  Talk to your doctor or nurse about which screening test is best for you and how often you need it.
<b>Diabetes screening</b>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
<b>Gonorrhea test</b>	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk.	Get tested for gonorrhea if you are sexually active and at increased risk.
<b>HIV test</b>	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.  All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.  All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV.  Discuss your risk with your doctor or nurse.
<b>Syphilis test</b>	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.

### Vaccines

Vaccines can protect you from harmful infections. Some adults think only children need vaccines. But this is not true. To find out what vaccines you may need, visit <http://www.vaccines.gov>.

Content last updated: January 19, 2012

