

HEALTH CARE GUIDE FOR WOMEN

Test, exam or service	21-39 years	40-44 years	45-49 years	50-54 years	55-70+ years
Weight, Height	Each year				
Body Mass Index					
Blood Pressure					
Cholesterol	Every 1-5 years	Yearly			
Mammogram		Every 1-2 years			
Stool for Occult Blood		Review risks with physician	Yearly		
Colonoscopy			Usually every 10 years		
Sigmoidoscopy			Usually every 5 years		
Pap Smear	Every 3 years	Every 3 years. After age 65, ask your doctor			
Vision/glaucoma			Every 2-4 years	Every year	
Hearing	As part of a routine physical				
Tetanus/diphtheria booster	Every 10 years				
Pneumococcal	Once in a lifetime (if before 65, may need 2 nd dose)				
Flu vaccine	Yearly				
Dental	Every 6 months, at least once a year				
Health Advice	Every year talk about these topics: injury prevention, violence prevention, domestic violence, nutrition, smoking, alcohol, drugs, sexual behavior, breast self-exam, osteoporosis prevention and mental health issues.				