

Preventative Health for Women

<u>Tests & Screenings</u>	<u>Purpose</u>	<u>Age</u>	<u>How Often To Be Tested</u>
Blood Pressure	To detect hypertension- a major risk factor for cardiovascular disease	21+	Annually; more frequently if over 140/90
Breast Self-Examination	To detect changes in breast tissue or appearance	20+	Monthly; 7-10 days after onset of period If postmenopausal-the first day of every month
Cholesterol Test	To check if cholesterol content of blood is too high-a major factor in heart disease	45+	Every 5 years or as directed by physician
Colorectal Exam	To detect signs of colorectal cancer which is highly treatable with early detection	50+	Fecal Occult Blood Test annually & Flexible Sigmoidoscopy with Digital Rectal Exam (DRE) every 5 years OR Colonoscopy and DRE every 10 years OR Double-Contrast Barium Enema and DRE every 5-10 years
Electrocardiogram	To test heart function	18+	As directed by physician
Mammogram	To detect changes in breast tissue that are too small to be felt	40+	Annually or as directed by physician
Pap Smear	To detect cervical abnormalities, including cancer	18+	Annually or as directed by physician
Pelvic Exam	To detect uterine abnormalities, including cancer	18+	Annually
Professional Breast Exam	To detect changes in the breast that could go unnoticed by you	20-39 40+	Every 3 years Annually
Routine Physical Exam	To maintain health and catch problems early	18+	As directed by physician
Vaccinations	To maintain health	All	As directed by physician