## Health screenings – women ages 65 and older

Women ages 65 and older should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

| **Blood Pressure Screening** | • Have your blood pressure checked every year.  
• If you have diabetes, heart disease, or kidney problems, you may need to be checked more often. |
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| **Breast Exam/ Mammogram**    | • Your provider should do a complete breast exam as part of your preventive exam.  
• Women up to age 75 should have a mammogram every 1 to 2 years, depending on their risk factors, to check for breast cancer.  
• Talk to your provider about whether you need a mammogram after age 75. |
| **Cholesterol Screening**     | • If your cholesterol level is normal, have it rechecked every 3 to 5 years.  
• If you have diabetes, heart disease, or kidney problems, you may need to be checked more often. |
| **Colon Cancer Screening**    | • Until age 75, you should have one of the following screening tests:  
  o A stool test done every year  
  o Flexible sigmoidoscopy every 5 - 10 years, along with a stool guaiac test  
  o Colonoscopy every 10 years  
• You may need more frequent screenings if you have a family history of colon cancer. |
| **Diabetes Screening**        | • If you are age 65 or older and in good health, you should be screened for diabetes every 3 years.  
• If you are overweight and have other risk factors for diabetes, you may need to be screened more often. |
| **Immunizations**             | • If you are age 65 or older, get a pneumococcal vaccine if you have never had one, or if it has been more than 5 years since you had the vaccine.  
• You should get a flu shot each year.  
• Get a tetanus-diphtheria booster every 10 years.  
• You may get a shingles or herpes zoster vaccine after age 60. |
<table>
<thead>
<tr>
<th><strong>Infectious Diseases</strong></th>
<th>Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.</th>
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<tbody>
<tr>
<td><strong>Lung Cancer</strong></td>
<td>You should get screened for lung cancer annually if you are age 55-80 and: o Have a 30 pack-year smoking history AND o Currently smoke or have quit within the past 15 years</td>
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<td><strong>Osteoporosis Screening</strong></td>
<td>All women over age 64 should have a bone density test</td>
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<td><strong>Pelvic Exam and Pap Smear</strong></td>
<td>After age 65, most women can stop having Pap smears as long as they have had 3 negative tests within the past 10 years.</td>
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