

Health screenings - women ages 18 to 39

Women ages 18 to 39 should get a physical exam once a year. Talk to your doctor about which screenings you should consider at your next exam.

<p>✓ <u>Blood Pressure Screening</u></p>	<ul style="list-style-type: none"> • In general you should have your blood pressure checked every 2 years. • If you have high blood pressure, diabetes, heart disease, kidney problems, or certain other conditions, you may need to have it checked more often.
<p>✓ <u>Breast Exam/ Mammogram</u></p>	<ul style="list-style-type: none"> • Screening mammogram is not recommended for most women under age 40, unless you have a family history of breast cancer or other risk factors. • If you are between ages 20 - 40, your provider may do a complete breast exam every 3 years. Contact your provider right away if you notice a change in your breasts.
<p>✓ <u>Cholesterol Screening</u></p>	<ul style="list-style-type: none"> • In healthy women, screening will begin at age 45. • If you are between ages 18- 45, you should be screened if you have a higher risk for heart disease, such as obesity or diabetes.
<p>✓ <u>Diabetes Screening</u></p>	<ul style="list-style-type: none"> • If you have high blood pressure or are overweight, you should be screened for diabetes.
<p>✓ <u>Immunizations</u></p>	<ul style="list-style-type: none"> • After age 19, you should have a tetanus-diphtheria and acellular pertussis (Tdap) vaccine once, and a booster every 10 years. • You should get a flu shot each year. • You should receive 2 doses of varicella vaccine if you were born after 1980 and never had chickenpox or the varicella vaccine. • Ask your provider about the human papilloma virus (HPV) vaccine if you are between ages 18 – 26.
<p>✓ <u>Infectious Diseases</u></p>	<ul style="list-style-type: none"> • Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.
<p>✓ <u>Pelvic Exam and Pap Smear</u></p>	<ul style="list-style-type: none"> • Beginning at age 21, women should have a pelvic exam and pap smear every 3 years to check for cervical cancer. • If you are over age 30 or your Pap smear and HPV test are normal, you only need a Pap smear every 5 years.