## Health screenings - women ages 40 to 64

Women ages 40 to 64 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** | • 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. |
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| ✓ **Breast Exam/Mammogram** | • Your provider should do a complete breast exam as part of your preventive exam.  
                          • Women ages 40 - 49 may have a mammogram every 1 - 2 years.  
                          • Women ages 50 - 75 should have a mammogram every 1 - 2 years, depending on their risk factors. |
| ✓ **Cholesterol Screening** | • If you are over age 44, you should be checked every 5 years.  
                          • If you have high cholesterol levels, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often. |
| ✓ **Colon Cancer Screening** | • If you are under age 50, you should be screened only if you have a strong family history of colon cancer or polyps, or if you have had inflammatory bowel disease.  
                          • If you are between ages 50 - 75, you should be screened for colorectal cancer. |
| ✓ **Diabetes Screening** | • If you are over age 44, you should be screened every 3 years. If you have high blood pressure or are overweight, you should be screened more often. |
| ✓ **Immunizations** | • You should get a flu shot every year.  
                          • Ask your provider if you should get a vaccine to reduce your risk of pneumonia.  
                          • You should have a tetanus-diphtheria and acellular pertussis (TdAP) vaccine once as part of your tetanus-diphtheria vaccines. You should have a tetanus-diphtheria booster every 10 years.  
                          • You may get a shingles or herpes zoster vaccine once after age 60. |
<table>
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<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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</table>
| **Lung Cancer**        | You should get screened for lung cancer annually if you are age 55-80 and:  
|                        |   - Have a 30 pack-year smoking history AND  
|                        |   - Currently smoke or have quit within the past 15 years |
| **Osteoporosis Screening** | All postmenopausal women with fractures should have a bone density test.  
|                        |   - If you are under age 65 and have risk factors for osteoporosis, you should be screened. |
| **Pelvic Exam and Pap Smear** | You should have a Pap smear every 3 years. If you have both a Pap smear and human papilloma virus (HPV) test, you can be tested every 5 years. |