

WOMEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES			CHECKUPS AND SCREENINGS	WHEN?	AGES		
		up to 30	30-64	65+			up to 30	30-64	65+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	✓	✓	✓	HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		✓	✓
BLOOD PRESSURE: High blood pressure (hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	✓	✓	✓	COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early .	Every 3-4 years			✓
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of healthcare provider. Some occupations may require more frequent testing for public health indications	Every 5 years	✓	✓	✓	CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with your primary care provider		✓	✓
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	✓	✓	✓	SELF EXAMS: Breast: to find abnormal lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: to look for signs of cancerous lesions in the mouth.	Monthly by self	✓	✓	✓
EKG: Electrocardiogram screen for heart abnormalities.	Baseline Every 2 years Every year	Age 30	✓	✓	Estrogen: Premenopausal women should consider screening for FSH (follicle stimulating hormone) and LH (luteinizing hormone) to determine supplemental estrogen therapy needed.	Discuss with your primary care provider			✓
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	✓	✓	✓	SEXUALLY TRANSMITTED DISEASES (STD'S): Sexually active adults who consider themselves at risk for STD's should be screened for syphilis, chlamydia, gonorrhea, herpes and other STD's.	Every year	✓	Discuss	
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, and colon cancer.	Every year	✓	✓	✓					
BREAST HEALTH: Clinical exam by healthcare provider. Mammography: X-ray of breast.	Every year Every 1-2 years Every year	✓	✓	✓					
REPRODUCTIVE HEALTH: PAP test/ Pelvic exam.	Every 1-3 years, discuss with your physician.	✓	✓	✓					
BONE HEALTH: Bone mineral density test.	Postmenopausal			✓					