

Women's health screenings through the years

As you go through life, your health changes and so should your healthcare. Getting the right screenings and preventive services at the right time can help you stay healthier longer.

20s

Sexually transmitted diseases screenings for:

- Gonorrhea
- Chlamydia
- Syphilis
- Herpes (possibly)
- HIV (get tested at least once)
- Immunizations (HPV)

Pap

Pap test for cervical cancer every three years starting at age 21.

30s

Cholesterol

Family history of heart disease, diabetes, high blood pressure, if you smoke or are overweight.

Thyroid

Family history of thyroid disease or unexplained changes in mood, sleep habits, bowel movements or weight.

40s

Cholesterol

Check every five years, if previous levels were normal — more often if you have a family history of heart disease.

Diabetes screening age 45 or sooner if overweight and have at least one of the following:

- Sedentary lifestyle
- Family history of diabetes (first-degree relative)
- Dyslipidemia
- Hypertension
- Polycystic ovarian disease
- History of gestational diabetes
- *Are African American, Latino, Native American, Asian American or Pacific Islander*

Colonoscopy

Every 10 years starting at age 45 — more often if you have unusual results or a family history of colon cancer.

Mammogram

All healthy women begin annual mammography screening.

50s

Zoster vaccine

Recommended to prevent shingles in adults 50 and older.

Smokers

If you are between the ages of 55–80, have a 30-pack-a-year smoking history and are still smoking or have quit within the last 15 years, the PSTF* recommends a low-dose computed tomography (CT) scan for a lung cancer screening.

Mammogram

Every two years until you turn 75 (unless otherwise stated).

60s

Recommended vaccines, including:

- Pneumococcal vaccine (protects against pneumonia and bloodstream infections). Two vaccines, taken one year apart.
- High-dose flu shot (65 or older)
- Td or Tdap booster shot

Bone density

Women should have at least one bone density test for osteoporosis at 65 — sooner if you have risk factors.

Yearly health list (all Ages)

- Blood pressure
- Dental & eye exam
- Flu & tetanus shot

60 years and older:

- Flu, shingles & pneumonia shot
- Hearing test
- Lung cancer screening if currently a smoker, or previous history of smoking



Everyone



Women

*U.S. Preventative Services Task Force

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