**Women’s Health Screenings Checklist**

**ALL AGES**
- 1 x per year: well-woman visits
- 1 x per year: eye exams if you have vision problems
- 1–2 x per year: dental exams
- 1 x between ages 18–75: hepatitis C screening
- 1 x–3 years: primary care visits (include blood pressure, height and weight checks)
- 1 x per year: annual flu shot
- 1 x 10 years: tetanus diphtheria booster

**IN YOUR 20S**
- 1 x per year: chlamydia and gonorrhea screening for sexually active women until age 25
- First cervical cancer screening starting at age 21
- 1 x 3 years: optional clinical breast exams

**HOT TOPIC:**
Women between ages 14–25 are most at risk for developing an eating disorder. Your doctor can connect you with a mental health professional to help treat anorexia, bulimia or binge eating disorder.

**IN YOUR 30S**
- Continued cervical cancer screening
- Fertility testing if having difficulty conceiving

**HOT TOPIC:**
32 years = Average age of depression onset. Depression is the leading cause of disability in the United States. Speak with your doctor if you experience any symptoms of depression, such as ongoing fatigue, sadness and changes to sleep habits or appetite.

**IN YOUR 40S**
- Continued cervical cancer screening
- Annual mammograms, starting at age 40
- Colorectal cancer screening, starting at age 45—or earlier if you are at high risk

**AGE 50+**
- Bone density screening for women who are age 65 and older, have had a broken bone after age 50, or are 50–64 and have osteoporosis risk factors (a family history of osteoporosis or fracture, frequent falls, vitamin D deficiency, smoking history, excessive alcohol intake, malabsorption and use of certain medications, such as prednisone)
- Lung cancer screening, beginning at age 50 for women with a 20-pack-year smoking history and who currently smoke or quit within the past 15 years
- Shingles vaccine
- Pneumonia vaccine at age 65+

**HOT TOPIC:**
72 years = Average age of a first heart attack for women. Speak with your physician about what you can do to lower your heart attack risk. Your doctor may suggest stress management techniques, following a heart-healthy diet, getting more physical activity, and tracking your blood pressure and cholesterol levels.

**Sources:**
- American Cancer Society
- Centers for Disease Control and Prevention
- National Institutes of Health
- National Osteoporosis Foundation
- National Womens Health Information Center

Follow this general guideline of important screenings at every age.