



Weill Cornell Medicine

Women's Health Screenings Checklist



Follow this general guideline of
important screenings at every age.

ALL AGES^o

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 1–3 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**



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 20S^o

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**

IN YOUR 30S^o

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.



HOT TOPIC:

Most women begin perimenopause in their mid to late 40s. Speak with your doctor about how menopause affects your thyroid, bone health and heart disease risk.

IN YOUR 40S

Continued **cervical cancer screening**

Annual mammograms,
starting at age 40

Colorectal cancer screening,
starting at age 45—earlier
if you are at high risk*

AGE 50+

Continued **cervical cancer screening,** until age 65

Bone density screening for women who are age 65 and older, have had a broken bone after 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 plant-based diet, getting more physical activity, and tracking your blood pressure and cholesterol levels.

Sources:

*American Cancer Society
+Centers for Disease Control and Prevention
°HealthCare.gov
• Health Resources & Services Administration
~National Osteoporosis Foundation



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