

Women's Health Screenings Checklist



Follow this general guideline of **important screenings at every age.**

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 1–3 years:
primary care visits (include blood pressure, height and weight checks)



IN YOUR 20S

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.

1 x per year:
chlamydia and gonorrhea screening for sexually active women until age 25

First **cervical cancer screening** starting at age 21

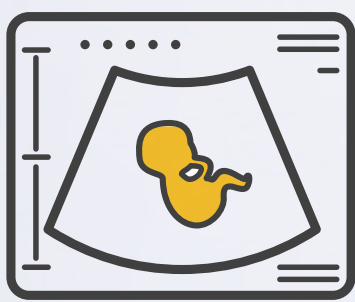
1 x 3 years:
optional **clinical breast exams**



IN YOUR 30S

Continued **cervical cancer screening**

Fertility testing if having difficulty conceiving



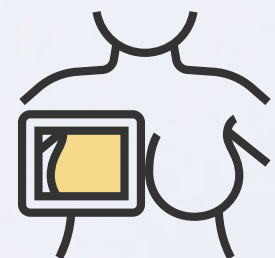
HOT TOPIC:

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



AGE 50+

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

Bone density screening

Colorectal cancer screening

Lung cancer screening



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.