



# Here's What We Know: Women's Health Screenings Checklist



Women: Want to optimize your health at every stage of life? Here's what you can do to get started. If you're at high risk for a condition, ask your doctor about adjusting your screening schedule.



## ALL AGES



**Dental exam**  
once or twice a year



**Hepatitis C screening**  
once between the ages of 18 and 79



**Eye exam**  
every one or two years if  
you have vision problems



**Well visit**  
(including blood pressure, height  
and weight checks) every year



**20s**



30s

40s

50+

- ✓ **Cervical cancer** screening every three years starting at age 21
- ✓ **Chlamydia and gonorrhea screening** annually until age 25 if you're sexually active
- ✓ **Cholesterol screening** starting at age 20 if you have known risk factors for heart disease



### Hot Topic

Young women are at the highest risk of developing an eating disorder. Your doctor can connect you with a mental health professional to help treat anorexia, bulimia or binge eating disorder.

- ✓ **Cervical cancer screening** should continue
- ✓ **Diabetes screening** starting at age 35
- ✓ **Fertility testing** if you have difficulty conceiving



20s

**30s**



40s

50+



### Hot Topic

Depression is the leading cause of disability across the world and can occur after having babies or preparing to enter menopause. Speak with your doctor if you experience depression symptoms, such as ongoing fatigue, sadness and changes to sleep habits or appetite.



20s

30s

**40s**



50+

- ✓ **Cervical cancer screening** should continue
- ✓ **Mammogram** every year, starting at age 40



### Hot Topic

Most women enter perimenopause in the mid to late 40s. Speak with your doctor about menopause's effect on your thyroid, bone health and heart disease risk.

- ✓ **Bone density screening** at age 65
- ✓ **Cervical cancer screening** should continue until age 65
- ✓ **Colorectal cancer screening** starting at age 45
- ✓ **Lung cancer screening at age 50** if you smoked the equivalent of one pack a day for 20 years and either still smoke or quit within the last 15 years



20s

30s

40s

**50+**



### Hot Topic

72 is the average age a woman experiences her first heart attack. Speak with your doctor about ways to lower your heart attack risk. Your doctor may recommend stress management techniques, a plant-based diet, increased physical activity, and regular monitoring of blood pressure and cholesterol levels.

Visit [weillcornell.org/doctors](https://weillcornell.org/doctors) to find or schedule an appointment with a doctor or other health specialist.