

Practice prevention. Know when you should have a screening.

Examination/Test	Frequency for Most Women
Complete history and physical exam	Initial and annually at discretion of health care provider.
Blood pressure	Annually or more frequently if at risk.
Height and weight	Periodically
Breast cancer	Mammogram: Age 40 & over every year, or earlier than 40 if family history. Breast self exam: Age 20 & over once each month. Clinical breast exam: Age 20-40 every three years. Over age 40, every year.
Cervical cancer	Start cervical screening approximately three years after starting intercourse and no later than age 21. Annual screening until age 30. May screen less frequently (every 2-3 years) after age 30 if three consecutive normal Pap smears.
Bone mineral density	Screen at-risk patients after age 50 at health care provider's discretion. All females age 65 and older.
Colon & rectum cancer	Select one of five screening options beginning at age 50: 1) Yearly fecal occult blood testing. 2) Flexible sigmoidoscopy every five years. 3) Yearly fecal occult blood testing and flexible sigmoidoscopy every five years. 4) Double contrast barium enema every five years. 5) Colonoscopy every 10 years.
Glucose	Every three years after age 45 to screen for diabetes.
Thyroid	Every five years after age 50.
Cholesterol	Every five years starting at age 20 (at discretion of health care provider if high risk or abnormal values).
Skin cancer screening	Annually starting at age 40.
Vision and hearing	Annually at discretion of health care provider.
Dental inspection	Periodically

Sources: U.S. Preventive Services Task Force, American Cancer Society, American Health Association, National Osteoporosis Foundation

Other risk factors may impact optimal screening frequency. Always work with your health care provider to determine the frequency you need for your situation.