

Recommended Health Screenings and Immunizations for Women

	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
BREAST HEALTH				
Breast Self-Awareness and Clinical Breast Exam	Practice breast self-awareness beginning at 18. Clinical breast exam recommended every 1-3 years from age 25-39. ⁺	Practice breast self-awareness. Clinical breast exam recommended annually starting at 40. ⁺	Practice breast self-awareness. Clinical breast exam recommended annually. ⁺	Practice breast self-awareness. Clinical breast exam recommended annually. ⁺
Mammogram	Ask your doctor if at increased risk.	Annually* for women with average breast cancer risk, with access to supplemental screening for women with dense breasts.	Annually* for women with average breast cancer risk, with access to supplemental screening for women with dense breasts.	Annually* for women with average breast cancer risk until life expectancy is less than 10 years, with access to supplemental screening for women with dense breasts.
Breast Cancer Risk Screening	All women 25 and over should have a formal risk assessment.* Learn more about breast cancer risk screening at capecod-health.org/breast-cancer-aware .	Formal risk assessment recommended.* Learn more about breast cancer risk screening at capecodhealth.org/breast-cancer-aware .	Formal risk assessment recommended.* Learn more about breast cancer risk screening at capecodhealth.org/breast-cancer-aware .	Formal risk assessment recommended.* Learn more about breast cancer risk screening at capecodhealth.org/breast-cancer-aware .

REPRODUCTIVE HEALTH				
Well-Woman Exam/ Pelvic Exam	Annually**	Annually**	Annually**	Every 1-2 years**
Cervical Health Pap & HPV testing (cervical cancer screening)	Starting at age 21, every three years. At age 30 or older, get a Pap test and HPV test together every five years.**	Get a Pap test and HPV test together every five years.**	Get a Pap test and HPV test together every five years.**	Ask your doctor or nurse.**
Sexually Transmitted Disease Screening	If sexually active, every year until age 24. At age 25 and older, get tested if you are at increased risk.**	Get tested if you are at increased risk.**	Get tested if you are at increased risk.**	Get tested if you are at increased risk.**

HEART HEALTH				
Blood Pressure	Annually***	Annually***	Annually***	Annually***
Cholesterol Test	Annually***	Annually with risk calculation #	Annually with risk calculation #	Annually with risk calculation #

+ As recommended by the National Comprehensive Cancer Network (NCCN)
 * As recommended by the American College of Radiology, American Society of Breast Surgeons, and NCCN
 ** As recommended by the American College of Obstetricians and Gynecologists
 *** As recommended by the American College of Cardiology and American Heart Association
 # Utilizing the ACC/AHA 2013 Adult Cardiovascular Risk Calculator

	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
DIABETES				
Blood Sugar Test	Annually if at risk due to high blood pressure, high cholesterol, obesity, etc. ◊	Annually for patients 40-45 if at risk. ◊	Annually ◊	Annually ◊

BONE HEALTH				
Bone Mineral Density Testing		Postmenopausal women younger than 65 with increased risk of osteoporosis should be tested. ⁺	Postmenopausal women younger than 65 with increased risk of osteoporosis should be tested. ⁺	Have a bone density test. ⁺

COLORECTAL HEALTH				
Colorectal Cancer screening options include colonoscopy, sigmoidoscopy and fecal occult blood testing. (The risks and benefits of these screening methods vary.)		At age 45 begin screening. Ask your doctor or nurse which screening test is best for you and how often you need it. [†]	Get screened. Ask your doctor or nurse which screening test is best for you and how often you need it. [†]	Get screened through age 75. Ask which screening test is best for you and how often you need it. [†]

SKIN HEALTH				
Clinical Skin Cancer Examination	Every 3 years beginning at age 20. [†]	Annually [†]	Annually [†]	Annually [†]

IMMUNIZATIONS				
Tetanus	Every 10 years	Every 10 years	Every 10 years	Every 10 years
Flu Vaccine	Annually	Annually	Annually	Annually
Shingles Vaccine			Once, at age 50 or older (two doses, 2 to 6 months apart).	Once, at age 50 or older (two doses, 2 to 6 months apart).
Pneumonia Vaccine				Once, at age 65 or older.
HPV Vaccine	Three dose series through age 45.	Three dose series through age 45.		

◊ As recommended by the American Diabetes Association
 + As recommended by the US Preventive Services Task Force (USPSTF)
 † As recommended by the American Cancer Society