



## **WOMEN'S HEALTH PROFILE**

### **Age 18 – 39 Recommended Annual Screenings**

- Pap smear & clinical breast exam
- Cholesterol
- Diabetes
- Thyroid
- Baseline mammogram (at age 35)
- HPV Vaccine (if haven't already received)

### **Age 40 – 64 Recommended Annual Screenings**

- Pap smear & clinical breast exam
- Cholesterol
- Diabetes
- Thyroid
- Mammogram (every year or two years)
- Cardiac Calcium Scoring (if risk factors present)
- Bone Density (baseline at age 50+ or if needed)
- Fecal Occult Blood Test
- Sigmoidoscopy (every 3-5 years starting at 50)
- Influenza Vaccine
- HPV Vaccine (if haven't already received)

### **Age 65+ Recommended Annual Screenings**

- Pap smear & clinical breast exam
- Cholesterol
- Diabetes
- Thyroid
- Mammogram
- Bone Density (if osteoporosis concerns)
- Fecal Occult Blood Test
- Sigmoidoscopy (every 3-5 years)
- Influenza Vaccine
- Pneumonia Vaccine