

WOMEN'S HEALTH CHECKLIST

CHECKUPS AND SCREENINGS	WHEN?	AGES 20-39	AGES 40-49	AGES 50+
PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.	Every 3 years Every 2 years Every year	√	√	√
BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.	Every year	√	√	√
TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.	Every 5 years	√	√	√
BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.	Every 3 years Every 2 years Every year	√	√	√
EKG: Electrocardiogram screens for heart abnormalities.	Baseline Every 4 years Every 3 years	Age 30	√	√
TETANUS BOOSTER: Prevents lockjaw.	Every 10 years	√	√	√
RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, and colon cancer.	Every year	√	√	√
BREAST HEALTH: Clinical exam by health provider. Mammography: X-ray of breast.	Every year Every 1-2 years Every year	√	√ √	√ √
REPRODUCTIVE HEALTH: PAP test / Pelvic exam.	Every 1-3 years, after 3 consecutive normal tests. Ask physician.	Age 18	√	√
HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.	Every year		√	√
COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.	Every 3-4 years		√	√
CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer.	Discuss with a physician		√	√
SELF-EXAMS: <i>Breast:</i> to find abnormal lumps in their earliest stages. <i>Skin:</i> to look for signs of changing moles, freckles, or early skin cancer. <i>Oral:</i> to look for signs of cancerous lesions in the mouth.	Monthly by self	√	√	√
BONE HEALTH: Bone mineral density test. Should be considered in all postmenopausal females. Discuss with your physician.	Postmenopausal			√
ESTROGEN: Peri-menopausal women should consider screening for FSH (follicle stimulating hormone) and LH (leutenizing hormone) to determine supplemental estrogen therapy need.	Discuss with a physician			√
SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, Chlamydia and other STDs.	Under physician supervision	√	Discuss	