



Women's Health

While women and men face many of the same health problems and challenges, they often do affect women differently. For example, women may have different symptoms of heart disease. Also, there are some diseases or conditions that are more common in women – such as osteoarthritis, obesity and depression. The good news is most of these health problems are preventable.

Women are often the caregivers and are too busy seeing that everyone else is taken care of that they neglect their own care. It is important to see your health care provider on an annual (or more if needed) basis and stay current on recommended health screenings.

RECOMMENDED HEALTH SCREENINGS FOR WOMEN

The chart on the other side of this card lists general guidelines for women's health screenings. Your healthcare provider will personalize the timing to ensure you get exactly the tests you need, when you need them. Be sure to ask your provider about these recommendations.

Test	Ages 20-40	Ages 40-50	Ages 50+
Breast Self-Exam	Monthly		
Professional Breast Exam	Yearly, by a healthcare provider		
Mammogram		Every 1-2 years	
Dental Checkup	Every 6 months		
Physical Exam	Up to yearly, discuss with your healthcare provider		
Sexually Transmitted Diseases	Discuss with your healthcare provider		
Pap Test	Every 1-3 years		
Blood Pressure	Every 1-2 years, if normal at initial reading		
Digital Rectal Exam			Discuss with your healthcare provider
Cholesterol and Lipid Blood	Every 5 years	Every 3 years, beginning at age 45	
Diabetes Screening			
Flexible Sigmoidoscopy	Discuss with your healthcare provider		
Colonoscopy	Discuss with your healthcare provider		
Colonography	Discuss with your healthcare provider		
Bone Density Test			Every 1-2 years, starting at age 65
Tetanus-Diphtheria Booster	Every 10 years		
Tetanus-Diphtheria Pertussis	Once after the age of 18		
Thyroid Test	Every 5 years, beginning at age 50; if symptomatic, no routine screening is required		
Cardiac Calcium Scoring	Discuss with your healthcare provider		
Electrocardiogram (EKG)		Discuss with your healthcare provider	

Sources: Mayo Foundation for Medical Education and Research (MFMER); Centers for Disease Control and Prevention (CDC)