

Don't let trouble find you: Essential screening tests for women



Preventive screenings can detect diseases before you have any symptoms. So, it's important to understand your risks and receive the appropriate tests.

Because women's bodies change as we age, so do the tests recommended for each stage of adulthood.

AGE 20-39

Start regular screenings

for high blood pressure, high cholesterol, diabetes and obesity (body-mass index); Your doctor may suggest more frequent tests if you are at risk for heart disease or diabetes.

Receive a **pelvic exam/pap smear** every three years to screen for cervical cancer

AGE 40-49

Ask your doctor whether you should have a mammogram

to screen for breast cancer; Your family history and personal risk factors may call for earlier testing.

Continue to receive a **pelvic exam/pap smear** every three years

AGE 50-64

Receive a mammogram every two years

Begin **screenings for colorectal cancer**

Ask if you should begin **testing for osteoporosis**

AGE 65+

Receive a bone mineral density test to check for osteoporosis

Continue with recommended **mammograms and colorectal screenings**

Ask whether you should continue **cervical cancer screenings**