



SCREENING TESTS FOR WOMEN**

These guidelines are recommended by the U.S. Preventive Services Task Force. These timelines are for the public in general. Check with your physician about how this can be tailored to you as an individual. For a full list of screening tests for women visit www.womenshealth.gov or call 1-800-994-9662.

SCREENING TESTS	18-39	40-49	50-64	65 AND OLDER
BLOOD PRESSURE	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.			
BONE MINERAL DENSITY <i>osteoporosis screening</i>			Discuss with your doctor or nurse if you are at risk of osteoporosis.	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
BREAST CANCER SCREENING <i>mammogram</i>		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
CERVICAL CANCER SCREENING <i>Pap test*</i>	Get a Pap test every 3 years if you are 21 or older, have had vaginal sex, and have a cervix.	Get a Pap test every 3 years if you have had vaginal sex and have a cervix.	Get a Pap test every 3 years if you have had vaginal sex and have a cervix.	Ask your doctor or nurse if you need to get a Pap test.
CHOLESTEROL	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.		
COLORECTAL CANCER SCREENING <i>using fecal occult blood testing, sigmoidoscopy, or colonoscopy</i>			Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
DIABETES SCREENING	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.			

* Final U.S. Preventive Services Task Force guidelines on cervical cancer screening can be found at www.uspreventiveservicestaskforce.org/uspstf/uspscerv.htm

** The information contained in this chart was provided by the U.S. Department of Health and Human Services, Office on Women's Health.