



Spread the Health Santa Fe

National Women's Health Week 2010

A Women's Health Services Initiative



May 9-15, 2010

General Screenings and Immunizations for Women

These charts are guidelines only. Your doctor or nurse will personalize the timing of each test and immunization to meet your health care needs.

| Screening tests | Ages 18–39 | Ages 40–49 | Ages 50–64 | Ages 65 and older |
|---|--|--|--|---|
| General health: Full checkup, including weight and height | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. |
| Thyroid (TSH) test | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. |
| HIV test | Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again. | Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again. | Get this test at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again. | Discuss with your doctor or nurse. |
| Heart health: Blood pressure test | At least every 2 years | At least every 2 years | At least every 2 years | At least every 2 years |
| Cholesterol test | Start at age 20, discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. |
| Bone health: Bone density screen | | Discuss with your doctor or nurse. | Discuss with your doctor or nurse. | Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing. |
| Diabetes: Blood glucose test | Discuss with your doctor or nurse. | Start at age 45, then every 3 years. | Every 3 years | Every 3 years |
| Breast health: Mammogram (x-ray of breasts) | | Every 1-2 years. Discuss with your doctor or nurse. | Every 1-2 years. Discuss with your doctor or nurse. | Every 1-2 years. Discuss with your doctor or nurse. |
| Clinical breast exam | At least every 3 years starting in your 20s | Yearly | Yearly | Yearly |
| Reproductive health: Pap test | Every 2 years starting at age 21. Women 30 and older, every 3 years. | Every 3 years | Every 3 years | Discuss with your doctor or nurse. |
| Pelvic exam | Yearly beginning at age 21. Younger than 21 and sexually active, discuss with your doctor or nurse. | Yearly | Yearly | Yearly |
| Chlamydia test | Yearly until age 25 if sexually active. Age 26 and older, get this test if you have new or multiple partners. | Get this test if you have new or multiple partners. | Get this test if you have new or multiple partners. | Get this test if you have new or multiple partners. |