From ages 20 to 49, women should visit their primary care provider every 1-3 years for a complete check-up.

Health screenings provide a lifestyle check-up and the opportunity for physicians to detect conditions or diseases in early stages.

A COMPLETE CHECK-UP INCLUDES...

- PHYSICAL EXAM
- SKIN EXAM
- CLINICAL BREAST EXAM
- CERVICAL CANCER SCREENING
- BLOOD PRESSURE CHECK
- BODY MASS INDEX CHECK
- IMMUNIZATION STATUS CHECK
- LAB TESTING*  
  *as appropriate for history or age

From 20-44, women can receive a clinical breast exam every 3 years. Yearly screenings are recommended starting at age 45. Between visits, women should perform monthly self-breast exams and alert their physician to any changes.

Mammograms are recommended at physician's discretion starting at age 40.

Mammograms are recommended at physician's discretion starting at age 40.

ONCE YOU TURN 50...

Your screenings should be YEARLY. In addition to the procedures listed above, these annual physicals will now include annual mammograms and colorectal screenings.

Pneumonia vaccinations may start at age 65 according to guidelines.

OSTEOPOROSIS

Women can be evaluated for risk of osteoporosis at any age. A bone density screening (Dexascan) is recommended at AGE 65 for women with no risk factors. For women with abnormal results, screening is recommended every two years.

SOURCES:
American Cancer Society, American Diabetes Association, American Heart Association, Everydaychoices.org, National Osteoporosis Foundation