

Women's Health Through the Decades



20s

ANNUALLY

- Annual Physical
 - Blood Pressure Screening
 - HPV Vaccine (If not already completed by age 26)
 - STD Screening
- Dental Exam

EVERY 2 - 3 YEARS

- Pap Smear
- Pelvic Exam
- Blood Sugar Test

EVERY 10 YEARS

- Ophthalmology Screening

SELF ASSESSMENTS

- Annual Skin Check
- Monthly Breast Exams

EVERY 5 YEARS

- Cholesterol Screening

ANNUALLY

- Annual Physical
 - Blood Pressure Screening
- Dental Exam

EVERY 2 - 3 YEARS

- Pelvic Exam
- Blood Sugar Test
- Pap Smear without HPV Co-testing

IF NEEDED

- HIV and STI Screening

EVERY 5 YEARS

- Cholesterol Screening
- Pap Smear and HPV Test (co-test)
- Ophthalmology Screening

SELF ASSESSMENTS

- Annual Skin Check
- Monthly Self Breast Exams



30s

ANNUALLY

- Annual Physical
 - Blood Pressure Screening
 - Depression Screening
 - Cholesterol Screening
- Mammogram
- Dental Exam

EVERY 2 - 3 YEARS

- Blood Sugar Test
- Ophthalmology Screening
- Pap Smear without HPV Co-testing

EVERY 5 YEARS

- Colorectal Cancer Screening
- Pap Smear & HPV Test (co-test)
- Pelvic Exam

SELF ASSESSMENTS

- Annual Skin Check
- Monthly Self Breast Exams



40s

ANNUALLY

- Annual Physical
 - Blood Pressure Screening
 - Cholesterol Screening
 - Vaccine Update
- Mammogram
- Annual Skin Check
- Dental Exam

EVERY 2 - 3 YEARS

- Blood Sugar Test
- Ophthalmology Screening
- Pap Smear without HPV Co-testing

EVERY 10 YEARS

- Colorectal Cancer Screening

EVERY 5 YEARS

- Pap Smear & HPV Test (co-test)
- Pelvic Exam
- Bone Density Test

IF NEEDED

- Lung Cancer Screening



50s

ANNUALLY

- Annual Physical
 - Blood Pressure Screening
 - Cholesterol Testing
 - Vaccine Update
- Mammogram
- Annual Skin Check
- Dental Exam
- Ophthalmology Screening

EVERY 2 - 3 YEARS

- Blood Sugar Test

EVERY 5 - 10 YEARS

- Colorectal Cancer Screening

EVERY 5 YEARS

- Pelvic Exam
- Bone Density Test
- Pap Smear & HPV Test (co-test)
 - Discontinue at 65



60s+