

# 4 Screenings for **WOMEN'S HEALTH**

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Preventive care, including regular doctor visits, is important for everyone. There are certain tests and screenings that are specific to women and their needs. Consider incorporating these four screenings, tests and exams into your life to promote good health and prevent the onset of certain conditions.

- 1. Mammogram**—A mammogram is a low-dose X-ray that allows doctors called radiologists to look for changes in breast tissue, which helps doctors find or detect breast cancer early, making treatment more effective. Women should have a mammogram every one to two years after age 50.
- 2. Pap smears**—Women should have their first Pap smear at age 21 and continue to have one three years until they are 65. Women over 65 who have three or more normal Pap smears in a row with no abnormal results can stop having tests.
- 3. Pelvic exams**—Women should have a pelvic exam every one to three years after having three consecutive normal exams to detect signs of illness.
- 4. Colorectal cancer screening**—Women should have a colorectal screening to detect cancerous cells and growths in the inside wall of the colon after the age of 50.

Please speak with your doctor about what other health screenings would be beneficial for you and your personal health.