

# THE ROUTINE CHECK-UP FOR WOMEN



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

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

## 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



## CLINICAL BREAST EXAM

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.

## 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. 