

Women's Health Checklist

Test	Ages 20–40	Ages 40–50	Ages 50+
Breast Self-Exam	Monthly		
Dental Checkup	Every 6 months		
Physical Exam	Discuss with your healthcare provider		
Sexually Transmitted Diseases	Discuss with your healthcare provider		
Pap Test	Every 1–3 years after 3 consecutive normal tests		
Blood Pressure	Every 1–2 years, if normal at initial reading		
Digital Rectal Exam	Discuss with your healthcare provider	Every 5–10 years	
Cholesterol Blood Test	Every 5 years		
Lipid Profile	Discuss with your healthcare provider.		
Chest X-ray	Yearly, if you smoke		
Professional Breast Exam	Yearly, by a healthcare provider		
Mammogram		Every 1–2 years	
Diabetes Screening		Every 3 years, beginning at age 45	
Stool Blood Test			Every 3 years
Flexible Sigmoidoscopy	Discuss with your healthcare provider		
Colonography	Discuss with your healthcare provider		
Colonoscopy	Discuss with your healthcare provider		
DEXA scan		Every 1–2 years after menopause	
Tetanus-diphtheria Booster	Every 10 years		
Thyroid Test	Every 5 years, beginning at age 35		
Cardiac Calcium Scoring	Discuss with your healthcare provider		
Electrocardiogram (EKG)	Baseline–age 30	Every 4 years	Every 3 years