

# Women's Health Screening Checklist

The screening guidelines recommended by the U.S. Preventive Services Task Force (USPSTF).  
The USPSTF is a group of non-Federal experts in stopping disease before it starts.

SCREENING TESTS	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65 & OLDER
<b>Blood Pressure</b>	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.	Get tested at least every 2 years if you have normal blood pressure (lower than 120/80). Get tested once a year if you have blood pressure between 120/80 and 139/89. Discuss treatment with your doctor or nurse if you have blood pressure 140/90 or higher.
<b>Bone Mineral Density Test (osteoporosis screening)</b>	If you have risk factors for osteoporosis, earlier screening may be necessary. Discuss with your doctor.		Discuss with your doctor or nurse if you are at risk of osteoporosis.	Get this test at least once at age 65 or older. Talk to your doctor or nurse about repeat testing.
<b>Breast Cancer Screening (mammogram)</b>		Discuss with your doctor or nurse.	Starting at age 50, get screened every 2 years.	Get screened every 2 years through age 74. Age 75 and older, ask your doctor or nurse if you need to be screened.
<b>Cervical Cancer Screening</b>	(Pap test) Get a Pap test at least every 3 years if you are 21 or older or are younger than 21 and have been sexually active for at least 3 years.	Get a Pap test at least every 3 years.	Get a Pap test at least every 3 years.	Ask your doctor or nurse if you need to get a Pap test.
<b>Cholesterol Test</b>	Starting at age 20, get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.	Get a cholesterol test regularly if you are at increased risk for heart disease. Ask your doctor or nurse how often you need your cholesterol tested.
<b>Chlamydia Test</b>	Get tested for chlamydia yearly through age 24 if you are sexually active or pregnant. Age 25 and older, get tested for chlamydia if you are at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for chlamydia if you are sexually active and at increased risk.	Get tested for chlamydia if you are sexually active and at increased risk.
<b>Colorectal Cancer Screening (using fecal occult blood testing, sigmoidoscopy, or colonoscopy)</b>			Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor or nurse about which screening test is best for you and how often you need it.
<b>Diabetes Screening</b>	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.	Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medicine for high blood pressure.
<b>Gonorrhea Test</b>	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk, pregnant or not pregnant.	Get tested for gonorrhea if you are sexually active and at increased risk.	Get tested for gonorrhea if you are sexually active and at increased risk.
<b>HIV Test</b>	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse. All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse. All pregnant women need to be tested for HIV.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.	Get tested if you are at increased risk for HIV. Discuss your risk with your doctor or nurse.
<b>Syphilis Test</b>	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk or pregnant.	Get tested for syphilis if you are at increased risk.	Get tested for syphilis if you are at increased risk.