

TAKE CARE OF YOUR ONE-OF-A-KIND SELF



Preventive health screenings for women

To help keep your one-of-a-kind self in top shape, it's important to keep up with the preventive screenings for the following.

- › **Breast cancer:** If you are a woman age 40 or older, talk with your doctor about when to begin having mammograms and how often to have the screening done.
- › **Blood pressure:** Have your blood pressure checked if you are age 18 and older.¹ Make it part of your preventive health care visit. Depending on the results, your doctor will suggest the frequency of your screening. Uncontrolled high blood pressure can increase your risk of having a heart attack and stroke.
- › **Cervical cancer:** A simple Pap test is the best way to detect early signs of cervical cancer – when the disease is highly curable and treatment is most effective. Talk with your doctor about having a Pap test starting at age 21 and then every three years. If you are age 30 and older you may be able to lengthen this to every five years if you have a Pap test with a human papillomavirus (HPV) test.¹
- › **Chlamydia:** Symptoms are usually mild or absent, and serious complications can cause irreversible damage, including infertility. All sexually active women age 24 and younger, and women 25 and older with certain risk factors, should be screened.¹
- › **Colorectal cancer:** If you're age 50 or older, getting a screening test for colorectal cancer could save your life.¹ If you have a family history of colorectal cancer, you may need to be screened earlier. Talk with your doctor to decide which type of test is best for you.
- › **Diabetes:** Get blood glucose checked as part of your cardiovascular risk assessment when you are age 40 or older and are overweight or obese.¹ Talk with your doctor about your risk factors.
- › **Healthy weight:** Body mass index (BMI) is calculated using your weight and height. Check your BMI annually to identify weight concerns that may lead to health problems.
- › **Immunizations:** Immunizations can help protect you from harmful infections. To find out what vaccines you may need, talk with your doctor.
- › **Osteoporosis (bone density):** If you are age 65 or older, or younger with certain risk factors, your doctor may order this screening.¹

This screening information serves as a guideline only. Knowing certain test results will help you and your doctor better understand your health and see where you might need to make improvements. So, during regular checkups with your doctor, be sure to discuss your screenings and your health risk factors.

1. U.S. Preventive Services Task Force. "USPSTF A and B Recommendations." <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/> (current as of April 2016).

Together, all the way.®



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