

Women: screening tests to stay healthy at any age



Screening (Test)	Who needs it?	How often should I get it?
Breast cancer (mammogram)	You may need a mammogram if: <ul style="list-style-type: none"> • you're 40 or older • you're younger than 40 and cancer runs in your family 	Every 2 years
BRCA 1 and 2 Genes (test to tell you if you have a high risk of some cancers)	Your doctor may suggest that you get the BRCA gene test if you have a family history of certain cancers, like breast cancer or ovarian cancer. Ask your doctor if a BRCA gene test is right for you.	One time
Blood pressure	All women need routine blood pressure screening.	At routine check-ups
Cholesterol	You may need a cholesterol screening if: <ul style="list-style-type: none"> • you are 45 or older • you smoke • you are overweight • you have diabetes (high blood sugar) or high blood pressure • you have heart disease • someone in your family had a heart attack at a young age 	Once a year
Colorectal cancer (colonoscopy)	You may need a colonoscopy if: <ul style="list-style-type: none"> • you're 50 or older • you have a family history of colon cancer If you are between 76 and 85, ask your doctor if you need a colon cancer screening.	Every 10 years
Depression	You may need depression screening if: <ul style="list-style-type: none"> • you feel down or sad • you feel hopeless • you don't like doing things you used to enjoy 	At routine check-ups

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Diabetes (high blood sugar)	You may need a diabetes screening if: <ul style="list-style-type: none"> • you have high blood pressure • you have high cholesterol • you are overweight • you have a family history of diabetes 	At least every 3 years
Hepatitis C	You may need a hepatitis C screening if: <ul style="list-style-type: none"> • you were born between 1945 and 1965 • you ever used needles to do drugs or have snorted drugs • you got a blood transfusion (you were given someone else's blood in the hospital) before 1992 	One time If you use needles to shoot drugs, talk to your doctor about how often to get screened.
HIV	You may need an HIV test no matter what age you are. Talk to your doctor about getting an HIV test.	At routine check-ups
Lung Cancer	You may need a lung cancer screening if you are older than 55 and smoke, or you used to smoke.	Ask your doctor
Obesity (very overweight)	All women need routine obesity screenings.	At routine check-ups
Osteoporosis (when your bones get weak)	You may need an osteoporosis screening if: <ul style="list-style-type: none"> • you are 65 or older. • you are younger than 65 and at high risk for bone breaks. Talk to your doctor about your risk for bone breaks. 	At your routine check-ups
Pap smear (test for cervical cancer)	You may need a pap smear if you are 21-65 years old. If you are over 65 or have had a hysterectomy (your uterus taken out), talk with your doctor to see if you still need to get a pap smear.	Most women need a pap smear every 3 years until age 65. Some women need pap smears more or less often. Talk to your doctor about how often you need a pap smear.
STIs (infections you can get from sex)	You may need STI testing if you have sex.	At routine check-ups

Women: medicines to stay healthy at any age

Some medicines may keep you from getting health problems. Talk to your doctor about what medicines you should take.

Medicine	Who needs it?	Why take it?
Aspirin	If you are 55 or older, you may need to take aspirin. Talk to your doctor.	Aspirin may help prevent strokes.
Folic acid	If you are at an age where you can get pregnant and want to have kids one day, you should take folic acid.	Taking folic acid before and while you're pregnant can prevent your baby from having birth defects (serious health problems).
Vitamin D	Ask your doctor about taking Vitamin D if you: <ul style="list-style-type: none">• are 65 or older• fall often or have a hard time moving	Vitamin D can help lower your chance of falling and breaking bones.
Vaccines (shots)	For all women: <ul style="list-style-type: none">• Get a flu shot every year.• Get a tetanus shot. Talk to your doctor about when to get a tetanus shot. If you are between the ages of 11 and 26: <ul style="list-style-type: none">• Get the HPV vaccine. If you are over 60: <ul style="list-style-type: none">• Get a shingles shot. If you are over 65: <ul style="list-style-type: none">• Get a pneumonia shot. Some women may need a pneumonia shot at a younger age. Talk to your doctor. Talk to your CHN doctor about which vaccines you may need.	Vaccines can help prevent serious illnesses.

