

WOMEN'S SCREENING CHECKLIST

Routine health screenings are important for every stage of life.

20s & 30s

40s

50s & 60s+

All Ages



Pelvic Exam

As needed beginning at age 21 to check for signs of cancer

Pap Smear

Every 3-5 years to check for cervical cancer



Blood Glucose Test

Every 5 years to test for diabetes

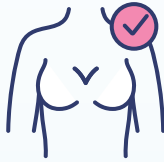
Cholesterol Screening

Every 5 years to test your risk for heart disease



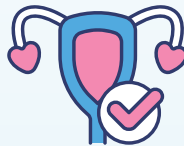
Thyroid Stimulating Hormone Test

Every few years to test for underactive or overactive thyroid



Mammogram

Yearly beginning at age 40 to test for signs of breast cancer



Ovarian Screening

Every 3 years for post-menopausal women to test for ovarian cancer



Colonoscopy

Every 10 years beginning at age 45 to test for colorectal cancer



Bone Density Test

Every 3 years beginning at age 65 to test for osteoporosis



Coronary Screening

Yearly to test for heart disease



Low-dose CT Scan

Starting at age 50 for those at high risk to check for signs of lung cancer



Skin Screening

Visit a dermatologist annually for a full body professional skin exam



Eye Exam

Visit an optometrist every 1-2 years to evaluate your vision and check for eye disease



Hearing Test

Visit an ENT every 10 years to test your ear function. Starting at age 60 you will need to see someone more regularly.

Earlier screenings may be recommended for those with a family history of certain diseases or risk factors.



For more information or to schedule a screening, scan the QR code or visit BRGeneral.org/Screenings