

Women's Screening Recommendations

Osteoporosis

A woman at any age can be evaluated by her physician for high risk of developing osteoporosis. For women with no risk factors, bone density screening (DEXA scan) begins at age 65 and is repeated every five years. Bone density screening is done every two years for women at risk for osteoporosis or who have abnormal screening results.

For women at any age:

- If you smoke - quit! Avoid exposure to second-hand smoke. Call 630.208.3999 for information about our smoking cessation program. TTY for the hearing impaired 630.933.4833.
- Eat healthy! Visit choosemyplate.gov to learn more
- Exercise five times a week for 30 minutes or more
- Get a flu vaccination every fall

Age 20 – 29:

- Physical exam every one to three years, including skin exam
- Cervical cancer screening every one to three years, depending on the type of test and past results
- Clinical breast exam every three years at physical exam
- Appropriate lab testing based on history
- Blood pressure check and body mass index check at physical exam
- Check immunization status

Age 30 – 39:

- Physical exam every one to three years, including skin exam
- Cervical cancer screening every one to three years, depending on the type of test and past results
- Clinical breast exam every three years at physical exam
- Appropriate lab testing based on history
- Blood pressure check and body mass index check at physical exam
- Check Immunization status

Age 40 – 49:

- Physical exam every one to three years, including skin exam
- Cervical cancer screening every one to three years, depending on type of test and past results
- Clinical breast exam at physical exam
- Appropriate lab testing based on history and age
- Blood pressure check and body mass index check at physical exam
- Mammogram at provider's discretion before age 50 years
- Check immunization status

Age 50 and older:

- Physical exam yearly, including skin exam
- Cervical cancer screening every one to three years, depending on the type of test and past results
- Clinical breast exam at physical exam
- Appropriate lab testing based on history and age
- Blood pressure check and body mass index check at physical exam
- Mammogram every one to two years
- Colorectal cancer screening - talk to your doctor if you have a family history of colon cancer as the guidelines may differ
- Pneumonia vaccinations at age of 65 according to guidelines

Source: American Cancer Society, American Diabetes Association and American Heart Association, everydaychoices.org, National Osteoporosis Foundation, nof.org