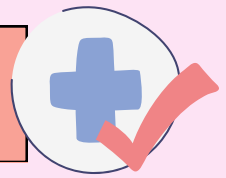




Common Screening Tests for Women



Test

Recommendation



Breast exam

Mammography every two years for women ages 50-74. If 75 or older, ask your doctor if it is still needed
Self breast examination should be done annually



Blood test

Hemoglobin tests to assess overall health and to detect a variety of disorders, such as anaemia



Pap smear & HPV

Pap test is recommended every three years for women between 21-65. HPV test every 5 years is an option. If you are 65 or older, ask your doctor



Cholesterol test

Every 1 to 2 years for women ages 55 to 65. Women over 65 should take cholesterol tests annually



Bone density

Test at least once at age 65 or above. Talk to your doctor about getting tested if you are younger than 65 and about repeat testing