



## Recommended Prevention Guidelines for Women

*Based on personal risk factors, your individual screening schedule may differ from the following.*

Screening Tests	Ages 18-39	Ages 40-49	Age 50-64	Age 65 and older
<b>General Health Exam</b> <i>(including depression &amp; domestic violence screening)</i>	Discuss frequency with your primary care provider.	Discuss frequency with your primary care provider.	Discuss frequency with your primary care provider.	Discuss frequency with your primary care provider.
<b>Breast Exam / Mammography</b>	Discuss your risks with your primary care provider. <sup>4</sup>	Average risk women are to screen annually. <sup>7</sup>	Average risk women are to screen annually. <sup>7</sup>	Average risk women are to screen annually. <sup>7</sup>
<b>Cholesterol / Lipids</b>	Aged 20 to 45 screen if at <u>increased</u> risk for heart disease. <sup>2/4</sup>	Aged 20 to 45 screen if at <u>increased</u> risk for heart disease. <sup>2/4</sup>	Aged 45 and older screen if at <u>increased</u> risk for heart disease. <sup>2/4</sup>	Aged 45 and older screen if at <u>increased</u> risk for heart disease. <sup>2/4</sup>
<b>Colorectal Cancer</b>	If strong family history, discuss with your primary care provider.	If strong family history, discuss with your primary care provider.	Screen with Stool cards yearly or colonoscopy every 10 years. <sup>2/4/6</sup>	Screen with Stool cards yearly or colonoscopy every 10 years. <sup>2/4/6</sup>
<b>Diabetes (Type II)</b>	Screening is recommended in adults that have repeated blood pressure readings of 135/80, high cholesterol, or symptoms. Screening may be individualized based on risk factors. <sup>2/4</sup>			
<b>High Blood Pressure</b>	Screening should occur at every visit. If values are elevated, follow-up is recommended. <sup>2/4</sup>	Screening should occur at every visit. If values are elevated, follow-up is recommended. <sup>2/4</sup>	Screening should occur at every visit. If values are elevated, follow-up is recommended. <sup>2/4</sup>	Screening should occur at every visit. If values are elevated, follow-up is recommended. <sup>2/4</sup>
<b>Osteoporosis</b>			Begin at age 60 in postmenopausal women with risk factors. <sup>2/4</sup>	Begin at age 60 in postmenopausal women with risk factors. <sup>2/4</sup>
<b>Obesity</b>	Screen occurs with every visit. Discuss counseling and interventions with your primary care provider to maintain a healthy BMI (Normal BMI= less than 24.9) <sup>2/4</sup>	Screen occurs with every visit. Discuss counseling and interventions with your primary care provider to maintain a healthy BMI (Normal BMI= less than 24.9) <sup>2/4</sup>	Screen occurs with every visit. Discuss counseling and interventions with your primary care provider to maintain a healthy BMI (Normal BMI= less than 24.9) <sup>2/4</sup>	Screen occurs with every visit. Discuss counseling and intervention with your primary care provider to maintain a healthy BMI (Normal BMI= less than 24.9) <sup>2/4</sup>
<b>Pelvic Exam</b>	Begin screening at time of first pap test and then annually <sup>3</sup>	Screen annually <sup>3</sup>	Screen annually <sup>3</sup>	Screen annually <sup>3</sup>

Pap Test	Begin screening within 3 yrs of the onset of sexual activity or at age 21. Screen annually, then every 2-3 years for women ≥30 with 3 negative pap tests. <sup>3</sup>	Screen annually, then every 2-3 years if 3 negative pap tests (some exceptions may apply). <sup>3</sup>	Screen annually, then every 2-3 years if 3 negative pap tests (some exceptions may apply). <sup>3</sup>	May discontinue sometime between age 65-70 if have had negative test results & are not otherwise at high risk for cervical cancer. <sup>3</sup>
Skin Exam	Screening should be individualized based on family history and lifetime sun exposure. Discuss benefits of yearly skin exams and sunscreen use with your primary care provider.			
Sexually Transmitted Disease (STD – (GC) / HPV / Chlamydia / HIV)	Screen if at increased risk for Infection <sup>2/4</sup>			
Thyroid Test	Screening with general health exam			
Tobacco Use	Screen occurs with every visit. Discuss counseling and interventions with your primary care provider. <sup>2/4</sup>			
<b>Vaccinations <sup>5</sup></b>	<b>Ages 18-39</b>	<b>Ages 40-49</b>	<b>Age 50-64</b>	<b>Age 65 and older</b>
Human papilloma virus Vaccine	Recommended for ages 11-26 (3 Doses).			
Influenza Vaccine	It is recommended you get a seasonal flu vaccine every fall.			
Meningococcal Vaccine	1 or more doses depending on risk factors – discuss with your primary care provider.			
Tetanus-Diphtheria Booster (Td/Tdap)	Schedule 1 dose of Tdap then Td booster every 10 years.			
Varicella Vaccine	It is recommended you receive 2 doses unless there is documentation you have had chickenpox, were previously immunized, or have a positive titer.			
Shingles Vaccine			Age 60, a single dose vaccination is recommended.	Age 60, a single dose vaccination is recommended.
Pneumococcal Vaccine	1 or 2 doses if risk factors. Discuss with your primary care provider.			1 dose at age 65 (or older) if never been vaccinated.

**References and Resources:**

1. Agency for Healthcare Research and Quality: <http://www.ahrq.gov>
2. USPSTF: <http://www.ahrq.gov/clinic/uspstfix.htm>
3. American College of Obstetricians and Gynecologists: <http://www.acog.org>
4. American Academy of Family Practice: <http://www.aafp.org/online/en/home/clinical/clinicalrecs.html?navid=clinical+recommendations>
5. Center for Disease Control: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>
6. American Cancer Society: <http://www.cancer.org>
7. Lancaster General Health

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