

# Preventive Screenings for **WOMEN**

Getting appropriate preventive screenings in addition to living a healthy lifestyle are vital steps in preventing future health problems. Preventive health screenings can detect problems early when treatment is most effective. The following chart includes general suggestions made by health experts for people without chronic conditions or other risk factors. Talk with your doctor to find out which tests are appropriate for you. Looking for a doctor? Call 775-982-5000 to make an appointment with Renown Medical Group.

Screening	Ages 18 – 39	Ages 40 – 49	Ages 50 – 64	Ages 65 +	Comments
<b>Full check-up, including weight/height</b>	Annually	Annually	Annually	Annually	Additional exams may be necessary as your health demands.
<b>Skin Exam:</b> (checks for skin cancer)	Every other year	Annually	Annually	Annually	More frequent exams may be necessary depending on family history and risk factors.
<b>Heart Health:</b> Blood pressure test	At least once a year	At least once a year	At least once a year	At least once a year	More frequent exams may be necessary depending on family history, test results and risk factors.
Cholesterol test* (tests your risk for heart disease or stroke)	Start at age 20 and discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Your doctor will recommend frequency based on your family history and risk factors.
Blood sugar evaluation (tests your risk for diabetes)	Start at age 20 and discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.	Your doctor will recommend frequency based on your family history and risk factors.
\$99 Vascular Screening** (tests for risk of heart attack & stroke)	Usually not needed	Usually not needed	Recommended for those 50+ with a history of diabetes, elevated cholesterol or cigarette smoking.	Recommended for those 50+ with a history of diabetes, elevated cholesterol or cigarette smoking.	Recommended for those 70+.
<b>Breast Health:</b> Breast Self-Exam	Learn by age 20. Monthly.	Monthly	Monthly	Monthly	Women should know how their breasts normally feel and report any breast change promptly to their health providers.
Breast Exam by Physician	Every three years	Annually	Annually	Annually	
Mammogram***	If strong family history, talk to your doctor.	Annually	Annually	Annually	
<b>Reproductive Health:</b> Pap/Pelvic Exam	Annually, beginning three years after a woman begins having vaginal intercourse or by age 21.	Annually	Annually	Annually	Women 70 years of age or older who have had three or more normal Pap tests in a row and no abnormal Pap tests in the last 10 years may choose to stop having this test.
<b>Colorectal Health:</b> FIT Test† (tests for risk of colon cancer)	Usually not needed	Usually not needed	Annually	Annually	Routine screenings not needed after age 76 – consult your doctor.
CT colonography	Usually not needed	Usually not needed	Every five years, if colonoscopy is not tolerated	Every five years, if colonoscopy is not tolerated	Routine screenings not needed after age 76 – consult your doctor.
Colonoscopy	Usually not needed	Baseline at age 45 if any immediate family members have been diagnosed with colon cancer.	Every 10 years	Every 10 years	Routine screenings not needed after age 76 – consult your doctor.
<b>Lung Health:</b> Low-dose Lung CT	Usually not needed	Consider if at risk, especially if you have a 10 pack/year smoking history.	Consider if at risk, especially if you have a 10 pack/year smoking history.	Consider if at risk, especially if you have a 10 pack/year smoking history.	Lung cancer CT screening may be considered for those with a history of smoking, exposure to radon, asbestos, significant secondhand smoke or other high risk factors.

\*Renown Smart Health Connection offers monthly low-cost laboratory screenings, including tests for cholesterol and diabetes. Call 775-982-5433 or visit [renown.org/shc](http://renown.org/shc) for a schedule.

\*\*Renown Institute for Heart & Vascular Health offers \$99 comprehensive vascular screenings. Call 775-982-8100 or visit [renown.org/heart](http://renown.org/heart) for more information.

\*\*\*Schedule your mammogram by calling Renown X-Ray & Imaging at 775-982-8100. No physician referral required.

†Renown Institute for Cancer offers inexpensive FIT tests you can complete in the privacy of your own home. Call 775-982-6830 or visit [renown.org/FITtest](http://renown.org/FITtest) for more information.