

WOMEN'S CHECK-UP CHECKLIST

A schedule of check-ups and age-appropriate screenings for women to help maintain wellness and prevent cancer.

Talk to your physician for the right check-ups, screenings, and intervals for you, based on your health status or risk factors, such as family history, alcohol or tobacco use, obesity, sexual activity, etc.

Please confirm coverage of these services with your insurance company.

Check-Ups and Screenings	When	19-39	40-49	50+
PHYSICAL EXAM: Thorough check of overall health status and well-being	Every year	✓	✓	✓
BLOOD PRESSURE: High blood pressure has no symptoms, but can cause permanent damage to organs	Every year	✓	✓	✓
BLOOD & URINE TESTS: Screen for cholesterol and diabetes problems before symptoms occur	Cholesterol: Every 5 years	✓	✓	✓
	Diabetes: Every 3 years	✓	✓	✓
PREVENTIVE CARE EXAMS: Dental	Every 6 months	✓	✓	✓
BONE HEALTH: Bone Mineral Density Test should be obtained at least once for all postmenopausal females to screen for bone loss	Postmenopausal		✓	✓
SEXUALLY TRANSMITTED INFECTIONS (STIs): Obtain testing if there is a concern about exposure or symptoms	Discuss with your physician	✓	✓	✓
ORAL HEALTH & CANCER: Mouth and Throat Exam	Every year	✓	✓	✓
SKIN: To look for signs of changing moles, freckles or sun spots	Every month Discuss abnormal findings with your physician	✓	✓	✓
BREAST HEALTH & CANCER SCREENING: Clinical breast exam by a physician Breast self awareness: To find abnormal lumps	Every year	✓	✓	✓
SCREENING MAMMOGRAM: X-ray of the breast	Every year beginning at age 40		✓	✓
REPRODUCTIVE HEALTH & CERVICAL CANCER: Gynecological Pelvic Exam and PAP Smear *Immunosuppression: Increased screening, check with your provider	Begin at age 21			
	Age 21-24: Every 3 years PAP smear test alone Age 25+: Every 5 years both PAP smear and HPV testing if PAP smear is combined with HPV testing	✓	✓	✓
COLON & RECTAL HEALTH & CANCER: Screening Colonoscopy: The preferred exam to prevent cancer. Other options requiring annual testing are available	Begin at age 45. Based on findings, follow-up between 3 and 10 years		✓	✓
LUNG HEALTH & CANCER: Low-Dose Chest CT	For individuals that have smoked a pack a day for 20 years or more			✓

To learn more, contact OhioHealth CancerCall at (614) 566-4321 or (800) 752-9119, Monday through Friday, 8 AM to 4:30 PM.

OhioHealth follows the National Comprehensive Cancer Network (NCCN) and MD Anderson Cancer Center for screening guidelines.