

  
**The Center for Women**  
*Obstetrics & Gynecology*

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**Recommended Health Screenings for Women**

<i>Screening</i>	<i>Ages 18-39 Years</i>	<i>Ages 40-49 Years</i>	<i>Ages 50-65 Years</i>	<i>Ages 65+</i>
<b>General Check Up</b> (Including: height; weight; blood pressure; neck: adenopathy, thyroid; breast; abdomen; pelvic exam; & skin)	Yearly	Yearly	Yearly	Yearly
<b>Pap</b>	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)
<b>STDs/Chlamydia</b>	If high risk	If high risk	If high risk	If high risk
<b>Mammography</b>		Every 1-2 years, discuss with physician	Yearly	Yearly
<b>Bone Density</b>		Discuss with physician	Discuss with physician	Discuss with physician
<b>Cholesterol/Lipids</b>	Starting at age 20, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Blood Sugar</b>		Starting at 45, then every 3 years	Every 3 years	Every 3 years
<b>Colorectal</b>		Yearly fecal occult blood testing	Yearly fecal occult blood testing; colonoscopy every 10 years beginning at age 50	Yearly fecal occult blood testing; colonoscopy every 10 years
<b>Thyroid</b>	Every 5 years after 35	Every 5 years	Every 5 years	Every 5 years
<b><i>Immunizations</i></b>				
<b>Tetanus</b>	Every 10 years	Every 10 years	Every 10 years	Every 10 years
<b>Influenza</b>	Discuss with physician	Discuss with physician	Discuss with physician	Yearly
<b>Pneumococcal</b>				One time only
<b>Hepatitis A, B, C</b>	If at risk, discuss with physician	If at risk, discuss with physician	If at risk, discuss with physician	If at risk, discuss with physician
<b><i>Fitness/Nutrition:</i></b>				
<b>Exercise</b>	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training
<b>Folic Acid</b>	400 mcg/day	400 mcg/day	400 mcg/day	400 mcg/day
<b>Calcium</b>	1000 mg/day	1000 mg/day	1200-1500 mg/day	1200-1500 mg/day