



# FEMALES

## TEENS, 20's, 30's

### Monthly

- Breast self-exam

### Every 1-2 years

- Pap smear and pelvic exam
- Blood lipid levels
- Blood pressure
- Dental exam twice per year
- Physical

### Every 3 years

- Skin health

### Every 5 years

- Cholesterol

### Every 10 years

- Hearing

### Don't forget!

- Thyroid test at age 35, then  
once every five years
- Eye exam before 40



## 40's

### Monthly

- Breast self-exam

### Every 1-2 years

- Pap smear and pelvic exam
- Blood lipid levels
- Blood pressure
- Dental exam twice per year
- Mammogram
- Physical

### Every 3 years

- Skin health
- Blood sugar (diabetes)
- Cholesterol

### Every 5 years

- Cholesterol
- Thyroid test

### Every 10 years

- Hearing

### Don't forget!

- Bone density (osteoporosis)  
test at menopause, then as  
recommended
- Eye exam before 40



## 50 - 100

### Monthly

- Breast self-exam

### Every 1-2 years

- Pap smear and pelvic exam
- Blood lipid levels
- Blood pressure
- Dental exam twice per year
- Mammogram
- Physical

### Every 3 years

- Skin health
- Blood sugar (diabetes)
- Cholesterol

### Every 5 years

- Thyroid test

### Every 10 years

- Hearing

### Don't forget!

- Bone density (osteoporosis) as recommended
- Colonoscopy at 50, then as recommended
- Discuss with physician about hormone replacement therapy
- 65 and up is the stroke risk zone, so screening are recommended by physician