

### Customize your plan:

These guidelines apply to healthy women in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

For additional national guidelines, please visit [nhlbi.nih.gov/guidelines](https://nhlbi.nih.gov/guidelines) or [ahrq.gov/clinic/uspstfix.htm](https://ahrq.gov/clinic/uspstfix.htm).

### Add education and counseling on:

- Smoking Cessation
- Alcohol and Drug Abuse Prevention
- Seat Belt Safety
- Safe Sex Practices
- Preconception Counseling
- Contraception Counseling
- Nutrition and Exercise
- Firearm Safety
- Domestic Violence Screening

And for women entering, during and after menopause:

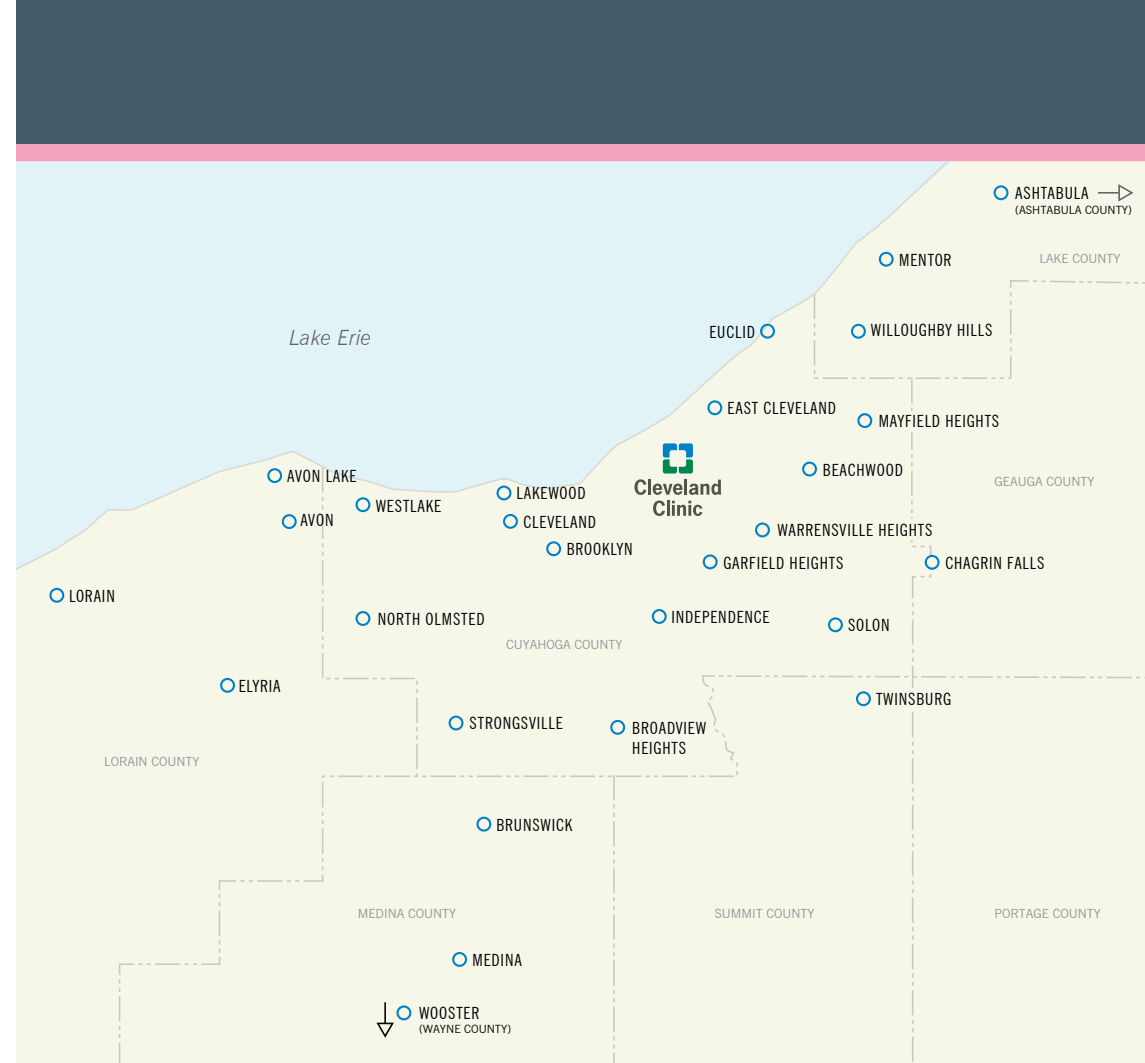
- Osteoporosis Prevention

### Check your coverage:

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan. Check on your specific coverage before obtaining them.

**Screening guidelines may need to be adjusted based on your family history.**

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3771** or visit [clevelandclinic.org/health](https://clevelandclinic.org/health).



To make an appointment at one of our many convenient locations, call **216.444.CARE (2273)**

For more information about Women's Health services, visit us at [clevelandclinic.org](https://clevelandclinic.org)



# Health Maintenance Guidelines for Women



SCREENING/TEST	WHO	FREQUENCY
Breast Cancer Screening		
Physician Breast Exam	For women age 40 and older	Annually
Mammography	For women age 40 and older	Annually (discuss risk factors and family history with your doctor)
Cervical Cancer Screening		
Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 to 65	Pap test without HPV test every 3 years from ages 21 to 30; Pap test with HPV test every 5 years after age 30  (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
Cholesterol Screening		
Lipid Panel, including LDL	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years or more often based on results and risk profile
Colorectal Cancer Screening		
Screening Colonoscopy	For everyone age 50 and older; some experts suggest 45 and older for African-Americans. Screening for those with a family history should start at age 40, or 10 years before the age a first-degree relative developed colorectal cancer/precancerous polyps	Every 10 years (preferred)
High-Sensitivity Stool Occult Blood Testing		Annual screening
Flexible Sigmoidoscopy		Every 5 years, with high-sensitivity stool occult blood testing every 3 years

SCREENING/TEST	WHO	FREQUENCY
Diabetes Risk Assessment		
Fasting Plasma Glucose or Hemoglobin A1C	For women age 45 and older	Every 3 years
	For women with a BMI > 25 and at least one other risk factor	Every 3 years
HIV Screening		
	All females should be offered this test between ages 13 and 64	One-time screening with follow-up test based on discussion of individual risk with your doctor
Hypertension Screening		
Blood Pressure Measurement	For all women, regardless of age	Every 1 to 2 years
Lung Cancer Screening		
Low-Dose CT Lung Screening	For women ages 55 to 74 who have smoked at least one pack a day for 30 or more years, or two packs a day for 15 years (applies to those who quit smoking less than 15 years ago)	One-time screening
Osteoporosis Screening		
DXA (bone-density testing)	For women age 65 and older or starting at menopause if other risk factors exist	Baseline testing with follow-up interval based on test results
Sexually Transmitted Disease Screening		
Routine Chlamydia Screening	For sexually active females through age 25; after age 25, for women at increased risk	Annually

VACCINATION	WHO	FREQUENCY
Human Papilloma Virus (HPV) Vaccine (Gardasil® and Cervarix®) to prevent genital warts, and cervical and other HPV-related cancers	For all females, ages 11 to 26; may be be given to girls starting at age 9	One series of 3 shots
Influenza (Flu) Vaccine	For everyone 6 months of age and older	Annually
	Critical for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; for pregnant women; for those in contact with high-risk patients; and for those caring for infants younger than 6 months of age	Annually
Pneumococcal Vaccine (for Pneumonia)	For all women age 65 and older	Single vaccination only
	For smokers and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination with single revaccination 5 years later
Tetanus/Diphtheria/Pertussis Vaccine (Tdap)	For women age 19 and older	One time in place of Diphtheria/Tetanus booster
	For pregnant women	One time during second half of pregnancy (preferably third trimester)
Tetanus/Diphtheria Vaccine (Td)	For women up to age 65	Every 10 years
	For women age 65 and older	Single vaccination only
Varicella Zoster Vaccine (for shingles)	For women age 50 and older	Single vaccination; no revaccination required

Other vaccines that you may need:  
Hepatitis A  
Hepatitis B  
Meningococcal (Meningitis)