

# Your Essential Guide: Women's Health Checklist

Checkups and Screenings*	When?	Ages		
		20-39	40-49	50+
<b>Self-Exams</b> - Discuss with your healthcare provider <ul style="list-style-type: none"> <li>• Skin (moles, freckles)</li> <li>• Oral (cancerous lesions)</li> <li>• Breast (abnormal lumps)</li> </ul>	Monthly	●	●	●
<b>Dental Checkup</b>	Every 6 Months	●	●	●
<b>Physical Exam</b>	Annually	●	●	●
<b>Clinical Breast Exam</b>	Annually	●	●	●
<b>Mammogram</b>	Annually		●	●
<b>Blood Pressure</b> (If normal)	Annually	●	●	●
<b>Skin Cancer Screening</b>	Annually	30+	●	●
<b>Sexually Transmitted Diseases</b> Discuss with your doctor.* <p style="text-align: right;">High Risk -</p>	Annually	●	●	●
<b>Eye Exam</b> Discuss with your doctor if high risk.*	Every 1-2 Years		●	●
<b>Bone Density (DEXA) Scan</b>	Every 2-5 Years			65+
<b>Diabetes Screening</b> Discuss with your doctor if high risk.* <p style="text-align: right;">High Risk -</p>	Every 3 Years Every 1-3 Years	●	45+ ●	●
<b>Pap Test</b> (If normal)	Every 3-5 Years	●	●	●
<b>Blood Test and Urinalysis</b> Consider every 3-5 years, discuss with your doctor*		●	●	●
<b>Cholesterol Blood Tests</b> (If normal/no risk factors) <b>Women ages 55-65:</b> Every 1-2 Years	Every 5 Years	●	●	●
<b>Thyroid Test</b>	Every 5 Years	35+	●	●
<b>Colonoscopy</b> Discuss with your doctor if high risk.* <p style="text-align: right;">High Risk -</p>	Every 10 Years		45+ ●	●
<b>Tetanus-Diphtheria Booster Shot</b>	Every 10 Years	●	●	●

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**\*NOTE:** These are general guidelines. Earlier and more frequent testing may be indicated based on your health history, risk factors, and family history. Talk to your doctor about the screening tests that are right for you.



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