

# General Screenings and Immunizations for Women 50+

## Recommended Screenings and Immunizations for Women at Average Risk for Most Diseases

*Please Note: These charts are guidelines only. Your health care provider will personalize the timing of each test and immunization to best meet your health care needs.*

Screening Tests	Ages 50-64	Ages 65 and Older
<b>General Health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
Thyroid test (TSH)	Every 5 years	Every 5 years
HIV test	Get this test at least once to find out your HIV status.	Discuss with your doctor or nurse.
<b>Heart Health:</b> Blood pressure test	At least every 2 years	At least every 2 years
Cholesterol test	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Bone Health:</b> Bone density screen	Discuss with your doctor or nurse.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
<b>Diabetes:</b> Blood glucose test	Every 3 years	Every 3 years
<b>Breast Health:</b> Mammogram (x-ray of breast)	Every 1-2 years. Discuss with your doctor or nurse.	Every 1-2 years. Discuss with your doctor or nurse.
Clinical breast exam	Yearly	Yearly
<b>Reproductive Health:</b> Pap test	Every 1-3 years	Discuss with your doctor or nurse.
Pelvic exam	Yearly	Yearly
Chlamydia test	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.

(Source: Adapted from U.S. Department of Health and Human Services, Office on Women's Health)

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## General Screenings & Immunizations for Women 50+ (Page 2 of 2)

Screening Tests	Ages 50-64	Ages 65 and Older
<b>Colorectal Health</b> (use 1 of these 3 methods): Fecal occult blood test	Yearly	Yearly. Older than age 75, discuss with your doctor.
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years	Every 5 years. Older than age 75, discuss with your doctor.
Colonoscopy	Every 10 years	Every 10 years. Older than age 75, discuss with your doctor.
<b>Eye and Ear Health:</b> Complete Eye exam	Every 2-4 years Every 2-4 years or as your doctor advises you.	Every 1-2 years
Hearing test	Every 3 years.	Every 3 years.
<b>Skin Health:</b> Mole exam	Monthly mole self-exam; by a doctor as part of a routine full checkup.	Monthly mole self-exam; by a doctor as part of a routine full checkup.
<b>Oral Health:</b> Dental exam	One to two times every year	One to two times every year
<b>Mental Health Screening</b>	Discuss with your doctor or nurse.	Discuss with your doctor or nurse.
<b>Immunizations:</b> Influenza vaccine	Yearly	Yearly
Pneumococcal vaccine		One time only
Tetanus-Diphtheria Booster vaccine	Every 10 years	Every 10 years
Herpes zoster vaccine (to prevent shingles)	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.	Starting at age 60, one time only. Ask your doctor if it is okay for you to get it.

(Source: Adapted from U.S. Department of Health and Human Services, Office on Women's Health)