

# Preventive Care Guidelines – Women

## ARE YOU UP TO DATE ON YOUR PREVENTIVE CARE?

To improve your chances for a healthy future, use this chart to remind yourself when you or your loved ones might be due for a physical exam or lab test.

**KEY:**  ALWAYS  HIGH RISK ONLY  NOT APPLICABLE

PERIODIC VISIT	AGE			
	19–39	40–49	50–64	65+
Annual Well Visit				
Complete or Update – Physical exam, review of systems, cognitive and functional status, medical history, surgical history and family history				
Height and Weight = BMI				
Clinical Breast Exam				
Blood Pressure				

LAB/TESTS/OTHER EXAMS	AGE			
	19–39	40–49	50–64	65+
HIV Testing ( <i>to be offered</i> )				
Lipid Screening ( <i>every 1–5</i> )				
Cervical Cancer Screening ( <i>ages 21–65</i> ) <ul style="list-style-type: none"> <li>• Pap smear every 3 years for women between the ages of 21 and 65.</li> <li>• Women ages 30 to 65 who want to lengthen the screening interval may combine a Pap smear and HPV testing every 5 years.</li> <li>• Women of any age following a hysterectomy with removal of the cervix who have no cancer or who have had a negative Pap test in the past should not be screened.</li> <li>• HPV screening is not recommended for women ages 21 to 29.</li> </ul>				
Chlamydia Screening ( <i>25 years and younger if sexually active; older if at risk</i> )				
Breast Cancer Screening ( <i>40 years of age and older</i> ) <ul style="list-style-type: none"> <li>• Mammogram annually</li> </ul>				
Type 2 Diabetes Screening ( <i>if blood pressure is greater than 140/90</i> )				
Osteoporosis Screening annually ( <i>65 years of age and older</i> )				
Colorectal Cancer Screening ( <i>ages 50–75</i> ) <ul style="list-style-type: none"> <li>• Stool Test – FIT or gFOBT (<i>annually</i>) <b>OR</b></li> <li>• Sigmoidoscopy (<i>every 5 years</i>) <b>OR</b></li> <li>• Colonoscopy (<i>at age 50 then every 10 years until age 75</i>) <b>OR</b></li> <li>• Double Contrast Barium Enema (<i>Medicare Advantage only</i>)</li> </ul>				
EKG Screening ( <i>Medicare Advantage only</i> )				
Glaucoma Screening ( <i>Medicare Advantage only</i> )				
Lung Cancer Screening ( <i>ages 55–80</i> ) ( <i>ages 55–77 Medicare Advantage only</i> ) <ul style="list-style-type: none"> <li>• For those who have a 30 pack per-year history and are current smokers or have quit smoking in the past 15 years.</li> </ul>				

## IMMUNIZATIONS

	AGE			
	19-39	40-49	50-64	65+
Td Booster ( <i>every 10 years – substitute 1 dose Tdap for Td</i> )				
Influenza Vaccine Annually				
Pneumococcal 13 ( <i>for those 65 years of age or older</i> )				
Pneumococcal 23 ( <i>for those 65 years of age or older</i> )				
Zoster Vaccine ( <i>single dose for those 60 years of age and older</i> )				
Meningococcal Vaccine				
Varicella Vaccine				
Hep A Vaccine				
Hep B Vaccine				
MMR Vaccine				
HPV Vaccine ( <i>all women up to the age of 26 who have not completed the vaccine series – 3 doses</i> )				

## COUNSELING/SCREENING

	AGE			
	19-39	40-49	50-64	65+
Tobacco Cessation				
Hep C Screening ( <i>1 time for those born between 1945 and 1965</i> )				
Tuberculosis Testing ( <i>if considered high risk</i> )				
Family Planning				
Dental Health				
Discuss Calcium, Vitamin D, and Folic Acid if you are considering becoming, or could become, pregnant.				
BRCA ( <i>if at risk of hereditary breast or ovarian cancer</i> )				
Exercise				
Nutrition				
Sun Exposure				
Injury Prevention ( <i>including seat belts, helmet use, fall prevention</i> )				
Depression				
Health Care Proxy/Advance Directives				
OTC Drugs ( <i>including vitamins</i> )				
Aspirin Therapy ( <i>55 to 79 years of age</i> )				
Workplace Violence				
Domestic Violence				
Risk Taking Behavior				
Stress Management				

This reference was created in accordance with Centers for Disease Control and Prevention (CDC), the Advisory Committee on Immunization Practices (ACIP) the U.S. Preventive Services Task Force (USPSTF) and the American Cancer Society (ACS).

All New York State medical professionals are required to report to New York State Department of Health persons diagnosed with Tuberculosis, STDS, HIV, HIV related illness and AIDS.