



The Delaware Office of
WOMEN'S HEALTH

You should visit your health care provider regularly, even if you are healthy. These visits can help you avoid problems in the future. The table above provides guidance on how often you need to visit your provider to screen for medical issues, assess your risk for future medical problems, encourage a healthy lifestyle and update vaccinations.

Recommended Health Screenings for Women by age				
Screening Type	Name of screening	Ages 40-49	Ages 50-64	Ages 65 and older
Bone Health	Bone density screen	Discuss with your doctor	Discuss with your doctor	Get a bone mineral density test at least ones. Talk with your doctor about repeat testing
Breast Health	Mammogram (X-ray of breasts)	Every 1-2 years	Every 1-2 years. Discuss with your doctor	Every 1-2 years. Discuss with your doctor
	Clinical breast exam	yearly	yearly	yearly
Colorectal Health	Fecal occult blood test		yearly	yearly
	Flexible Sigmoidoscopy		Every 5 years if not having a colonoscopy	Every 5 years if not having a colonoscopy
	Colonoscopy		Every 10 years	Every 10 years
Diabetes	Blood sugar test	start at 45, then every 3 years	every 3 years	every 3 years
Eye Health	Eye Exam	Every 2-4 years or as your doctor advises	Every 2-4 years or as your doctor advises	every 1-2 years
Ear Health	Hearing test	Every 10 years	Every 3 years	every 3 years
General Health	Full checkup including weight and height	Discuss with your doctor	Discuss with your doctor	Discuss with your doctor
	Thyroid test (TSH)	Every 5 years	Every 5 years	Every 5 years
Heart Health	Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years
	Cholesterol test (fasting lipoprotein profile)	Every 5 years if normal	Discuss with your doctor	Discuss with your doctor
Oral Health	Dental exam	One to two times every year	One to two times every year	One to two times every year
Mental Health	Anxiety, depression, drug use, eating disorders	Discuss with your doctor	Discuss with your doctor	Discuss with your doctor
Reproductive Health	Pap test	Every 1-3 years	Every 1-3 years	Discuss with your doctor
	Pelvic exam	yearly	yearly	yearly
Skin Health	Mole exam	monthly self exam, by doctor during routine full checkup	monthly self exam, by doctor during routine full checkup	monthly self exam, by doctor during routine full checkup

This chart was adapted from a guide published by the Cleveland Clinic, www.clevelandclinic.org. It's never been easier to stay healthy. The Division of Public Health (DPH) Women's Health Screenings Van is bringing breast and cervical cancer screenings to you. The screenings are quick and easy. The van now offers blood pressure, body mass index, and glucose screenings as well as information on tobacco cessation, and ways to increase physical activity and healthy eating. To find out when the van will be in your area or schedule an appointment, call 1-888-672-9647.

If you don't have insurance or if your insurance doesn't pay for cancer screenings, you may be eligible for a free or reduced-cost screening through the DPH Screening for Life program. Call Screening for Life at 302-744-1040 or visit <https://dhss.delaware.gov/dph/dpc/sfl.html> to find out if you are eligible.



Screening Checklist:

1. **CHOLESTEROL SCREENING:** Begin cholesterol screening between the ages of 40 to 45 and continue every five years. If you have high cholesterol levels, diabetes, heart disease, kidney problems, or certain other conditions, you may need to be checked more often.
2. **COLORECTAL CANCER SCREENING:** If you are under 50, you should be screened if you have a strong family history of colon cancer or polyps or have risk factors such as a history of inflammatory bowel disease or polyps. Everyone over 50 years of age should be screened.
3. **DENTAL EXAM:** Visit the dentist once or twice every year for an exam and cleaning.



4. **EYE EXAM:** Every two to four years from 40 to 54 and everyone to three years from 55 to 64. Have an eye exam at least annually if you have diabetes.

5. **IMMUNIZATIONS:** At a minimum everyone should receive -

- Flu shot every year.
- pneumonia vaccine if recommended by your provider
- Tetanus-diphtheria and pertussis (Tap) vaccine once as part of your vaccines if you as an adolescent. You should have a booster every 10 years.
- Shingles or herpes zoster vaccine after age 50.

6. **ANNUAL PHYSICAL EXAM:** Check your blood pressure once a year and cholesterol every five years. Your height, weight, and body mass index (BMI) should be checked at each exam. During your exam, your provider may ask you about: Depression, diet and exercise, alcohol and tobacco use, and safety at home.



7. **SELF- BREAST EXAM:** Perform monthly breast self-exams and contact your provider immediately if you notice a change in your breasts. Your provider will do a breast exam as part of your preventive visit.
8. **MAMMOGRAM:** Women ages 50 to 75 should have a mammogram every one to two years depending on their risk factors, to check for breast cancer. Women with a mother or sister who had breast cancer at a younger age should consider yearly mammograms. They should begin earlier than the age at which their youngest family member was diagnosed.
9. **OSTEOPOROSIS SCREENING:** All women over age 50 with fractures should have a bone density scan.
10. **PELVIC EXAM AND PAP SMEAR:** You should have a Pap smear every three years. If you have both a Pap smear and a human papilloma virus (HPV) test you may be tested every five years. HPV is the virus that causes genital warts and several cancers, including cervical cancer. If you have had your uterus and cervix removed (total hysterectomy), and you have not been diagnosed with cervical cancer, you do not need to have Pap smears. Women who are sexually active and at high risk should be screened for chlamydia and gonorrhea. Your provider may talk to you about testing for other infections.
11. **SKIN EXAM:** Your provider may check your skin for signs of skin cancer, especially if you're at high risk. People at high risk include those who have had skin cancer before, have close relatives with skin cancer, or have a weakened immune system.



12. **LUNG CANCER SCREENING:** Annual screening for lung cancer in adults 55 to 65 who have a 30 pack-year smoking history AND currently smoke or have quit within the past 15 years.