

Screenings & Immunizations for Women

Reducing your risk for cancer and getting regular cancer screening tests to find cancer early gives you the best chances for staying well and living a long life. Take control of your health and reduce your cancer risk by making healthy lifestyle choices and get regular screening tests:

| Screening Tests | Ages 13-39 | Ages 40-49 | Ages 50-64 | Ages 65+ |
|---|---|---|--|--|
| General Health: Full check up | Discuss with your health care provider. Ask about health topics such as: overweight and obesity, tobacco use, alcohol use, depression, thyroid (TSH) testing, skin and mole exams. | | | |
| Heart Health: Blood Pressure test | Starting at age 18, then once every 1-2 years if normal. | | | |
| Cholesterol test | Discuss with your health care provider. | | | |
| Bone Health: Bone Mineral Density Test | | Discuss with your health care provider. | | Get one at least once, then discuss repeat testing with your health care provider. |
| Diabetes: Blood sugar test | Discuss with your health care provider. | Starting at age 45, then at least every 3 years. Discuss with your health care provider. | | |
| Breast Health: Breast Exam | Discuss with your health care provider. | | | |
| Mammogram | | Every 1-2 years, discuss with your health care provider. | | |
| Reproductive Health: Pap Test | Every 2 years starting at age 21. Women 30 and older, every 3 years. | Every 3 years. | | Discuss with your health care provider. |
| Pelvic Exam | Yearly beginning at age 21. Younger than 21 and sexually active, discuss with your health care provider. | | | |
| Chlamydia Test | Yearly until age 24 if sexually active. Age 25 and older, get this test if you have new or multiple partners. | Get this test if you have new or multiple partners. | | |
| Sexually Transmitted Disease (STDs) | Talk to your health care provider if you or your partner have had sexual contact with more than one person OR if either of you have ever had a STD. | | | |
| HIV Test | At least once to find out your HIV status. Ask your health care provider if and when you need the test again. | | | |
| Colorectal Health: Fecal Occult Blood Test (FOBT) | | | Yearly Discuss with your health care provider about which test is best and how often. | |
| Flexible Sigmoidoscopy | | | OR Every 5 years Discuss with your health care provider about which test is best and how often. | |
| Colonoscopy | | | OR Every 10 years Discuss with your health care provider about which test is best and how often. | |
| Skin Health: Mole Exam | Monthly mole self-exam; by a health care provider every 3 years, starting at age 20. | | | |
| Oral Health: Dental Exam | 1-2 times every year. | | | |
| Mental Health Screening: | Discuss with your health care provider. | | | |
| Eye Health: Vision Exam | Once initially between age 20 and 39. | Every 2-4 years. | | Every 1-2 years. |
| Ear Health: Hearing Test | Starting at age 18, then every 10 years. | | Discuss with your health care provider. | |

(more on back)

Be Active // Be Healthy

| Immunizations | Ages 13-39 | Ages 40-49 | Ages 50-64 | Ages 65+ |
|---|---|---|--|--|
| Influenza vaccine | Every Fall or Winter. | | | |
| Tetanus, diphtheria, pertussis (Td, Tdap) vaccine | Get a Td booster every 10 years. Ask if you need 1 dose of Tdap instead of Td booster to prevent whooping cough. | | | |
| Varicella (chickenpox) vaccine | If you have never had chickenpox or you have been vaccinated but only got 1 dose, ask your health care provider if you need this vaccine. | | | |
| Human papillomavirus (HPV) vaccine | You need this vaccine if you are 26 or younger and have not already completed the series. | | | |
| Herpes Zoster (shingles) vaccine | | | Starting at age 60, you need a single dose of this vaccine. | |
| Measles, mumps, rubella (MMR) vaccine | If you have not had at least 1 dose of MMR, ask your health care provider if you need this vaccine. | | If you were born in 1957 or later and have not had at least 1 dose of MMR, ask your health care provider if you need this vaccine. | |
| Pneumococcal vaccine | If you smoke or have a chronic health problem, ask your health care provider if you need this vaccine. | | | You need 1 dose at 65 (or older) if you have never been vaccinated. You may also need a second dose. |
| Meningococcal vaccine | You need this vaccine if you are planning to live at college or have certain medical conditions. Discuss with your health care provider. | You may need this vaccine if you have certain medical conditions. Discuss with your health care provider. | | |
| Hepatitis A vaccine | Discuss with your health care provider. | | | |
| Hepatitis B vaccine | Discuss with your health care provider. | | | |

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.*

Source: www.womenshealth.gov

For More Information:
 Nebraska Department of Health and Human Services
 Office of Women's and Men's Health
 301 Centennial Mall South - P.O. Box 94817
 Lincoln, NE 68509-4817
 Phone: 800.532.2227 Fax: 402.471.0913
www.dhhs.ne.gov/womenshealth and www.dhhs.ne.gov/menshealth