

20s

Preventative Screenings

As a woman in your 20s, you are starting a wonderful voyage of discovery. Your choices in life are virtually infinite.



BaylorScott&White
HEALTH

TWENTIES

Start to develop good health habits now with:

- Blood pressure check (At least every two years, if normal)
- Clinical breast exams (Every year). In addition, regular breast self-exams are important
- Cholesterol (If you smoke, have diabetes or if heart disease runs in your family, start having your cholesterol checked at age 20)
- Pap smear (First one at age 21, then every three years if normal)
- Chlamydia test (If you are 26 or younger and sexually active)

- Skin (mole) exam (Do a monthly self-exam for changes that should be reported to a doctor. Have regular skin checks by a doctor if you have already had skin cancer)

Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year)
- Depression (Talk with your doctor if you have concerns)
- Weight/Body mass index (BMI)

QUALITY CARE CLOSE TO HOME



To find a physician, call **1.800.4BAYLOR** or visit **BSWHealth.com/Women**.

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30s

Preventative Screenings

As a woman in your 30s, you're becoming even more of the woman you are. You embrace life's possibilities, while managing multiple roles with responsibilities for relationships, family and work.



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HEALTH

THIRTIES

Help ensure your continued good health with:

- Blood pressure check (Every two years, if normal)
- Blood sugar test (If you have high blood pressure, talk to your doctor about testing frequency)
- Clinical breast exams (Every year). In addition, regular breast self-exams are important
- Cholesterol (If you smoke, have diabetes or if heart disease runs in your family, have your cholesterol checked)

- Pap smear and HPV test every five years (If HPV positive, talk with your physician about testing frequency)
- Skin (mole) exam (Do a monthly self-exam for any changes or have regular skin checks by a doctor if you have already had skin cancer)

Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year)
- Depression (Talk with your doctor if you have concerns)
- Weight/Body mass index (BMI)

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40s



Preventative Screenings

As a woman in your 40s, you're hitting your stride in life. You know who you are. You work hard and play hard. You've overcome challenges and achieved some balance in your life.



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HEALTH

FORTIES

Keep the engine of your body humming with:

- Blood pressure check (Every two years, if normal)
- Blood sugar test (If you have high blood pressure, talk to your doctor about testing frequency)
- Mammogram (Have a discussion with your doctor about when to begin and how often)
- Clinical breast exams (Every year). In addition, regular breast self-exams are important
- Cholesterol check (Every five years beginning at age 45)

- Pap smear and HPV test every five years, if normal. (If HPV positive, talk to your doctor about testing frequency)
- Skin (mole) exam (Do a monthly self-exam for any changes or have regular skin checks by a doctor if you have already had skin cancer)

Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year)
- Depression (Talk with your doctor if you have concerns)
- Weight/Body mass index (BMI)

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50s



Preventative Screenings

Baby Boomers say 50 is the new 40, and with good health, you can feel that way. As a woman in your 50s, your life is changing. New opportunities appear that can take your life in exciting new directions.



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HEALTH

FIFTIES

Make the 50s your best decade yet with:

- Blood pressure check (Every two years, if normal)
- Blood sugar test (If you have high blood pressure, talk to your doctor about testing frequency)
- Mammogram (Every one to two years per physician recommendation)
- Clinical breast exams (Every year). In addition, regular breast self-exams are important
- Cholesterol check (Every five years)
- Colorectal cancer screening (As recommended by your physician)

- Pap smear and HPV test every five years, if normal. (If HPV positive, talk to your doctor about testing frequency)
- Skin (mole) exam (Do a monthly self-exam for any changes or have regular skin checks by a doctor if you have already had skin cancer)

Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year)
- Depression (Talk with your doctor if you have concerns)
- Weight/Body mass index (BMI)

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60s

Preventative Screenings

As a woman in your 60s, you are the beautiful picture of all your life experiences. You've given to others and to yourself. You've achieved wisdom and perspective. You're ready to nurture your body and spirit for the next chapters of your life.



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HEALTH

SIXTIES

Maintain your health and vitality with:

- Blood pressure check (Every two years, if normal)
- Blood sugar test (If you have high blood pressure, talk to your doctor about testing frequency)
- Mammogram (Every one to two years, per physician recommendation)
- Clinical breast exams (Every year). In addition, regular breast self-exams are important
- Cholesterol check (Every five years)
- Colorectal cancer screening as recommended by your physician

- Osteoporosis test (Have a bone density test at age 65 to screen for osteoporosis, i.e., thinning of the bones)
- Pap smear (Generally not recommended after age 65 if pap smear history is normal)
- Skin (mole) exam (Do a monthly self-exam for any changes or have regular skin checks by a doctor if you have already had skin cancer)

Other routine screenings to consider are:

- Dental (Visit your dentist at least once a year)
- Depression (Talk with your doctor if you have concerns)
- Weight/Body mass index (BMI)

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