

## **Recommended Screenings: Women Ages 40-49**

### **Blood Pressure**

Check during each doctor visit, or at least every 2 years. Check more often if blood pressure is high.

### **Breast**

Women should perform a breast self-exam monthly. Instructions are available at: [www.cancer.org](http://www.cancer.org)

### **Colon Cancer**

Screening recommended for women at high risk including women with a family history of colon cancer; women who have had colon polyps; and women who have had breast, ovarian or uterine cancer.

### **Cholesterol**

Screening recommended every 5 years for all women beginning at age 45, or younger/ more often if at high risk. Risk factors that will be considered by your doctor include diabetes, a family history of cardiovascular disease, family history of high cholesterol, and multiple coronary heart disease risk factors.

### **Depression**

Women more prone to depression than men, but the causes of female depression and even the pattern of symptoms are often different. Many factors contribute to depression in women from reproductive hormones to social pressures to the female response to stress. Learning about these factors can help you minimize your risk of depression and treat it more effectively.

### **Diabetes**

Recommended for women at high risk. Risk factors that will be considered by your doctor include obesity, family history, history of gestational diabetes, hypertension, and high cholesterol. African Americans, Hispanics, and Native Americans are also at higher risk of developing diabetes.

### **Mammogram**

Mammograms are recommended every 1-2 years.

### **Pap Smear**

Women should have a pap smear once a year for two years. If both pap smears are normal, women may then have a pap smear every three years or as recommended by their physician.

## **Immunizations**

### **Flu Shot**

Women may choose to have a flu shot every year. It is strongly recommended for women who will be pregnant during the influenza season; healthcare workers, and women with chronic illnesses or immune system problems.

### **Tdap/ TD Shot**

Women should have the Tdap vaccine for diphtheria, tetanus, and pertussis (whooping cough) once as an adult, and continue tetanus/ diphtheria (TD) shots every 10 years.

### **Other Immunizations**

Make sure you are up-to-date with the latest vaccinations. Please consult with your family doctor.

### **Recommendations**

Always wear sun protection outside including sun screen and protective clothing. Skin exams may be necessary.

Discuss safety and any of the following: smoking cessation, AIDS, family planning and alcohol/drug abuse.

Discuss any hearing loss and/or noise exposure with your physician.

Discuss your heart disease risk factors with your physician

Women beginning menopause should discuss with their physician.