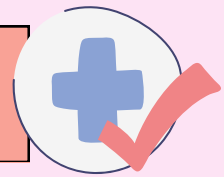









# Common Screening Tests for Women



Test	Recommendation
 <b>Breast exam</b>	Mammography every two years for women ages 50-74. If you are 75 or older, ask your doctor if it is still needed Self breast examination should be done annually
 <b>Blood test</b>	Hemoglobin tests to assess overall health and to detect a variety of disorders, such as anaemia
 <b>Pap smear &amp; HPV</b>	A Pap test is recommended every three years for women between 21-65. HPV test every 5 years is an option. If you are 65 or older, ask your doctor
 <b>Cholesterol test</b>	Every 1 to 2 years for women ages 55 to 65. Women over 65 should take cholesterol tests annually
 <b>Bone density</b>	Test at least once at age 65 or above. Talk to your doctor about getting tested if you are younger than 65 and about repeat testing