

Health Maintenance Guidelines for Women



Customize your plan:

These guidelines apply to healthy women in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

For additional national guidelines, visit www.nhlbi.nih.gov/guidelines; or www.ahrq.gov/clinic/uspstfix.htm

Add education and counseling:

- Smoking Cessation
- Alcohol and Drug Abuse Prevention
- Seat Belt Safety
- Safe Sex Practices
- Preconception Counseling
- Contraception Counseling
- Nutrition and Exercise
- Firearm Safety
- Domestic Violence Screening

Also, for women entering, during and after menopause:

Osteoporosis Prevention

Check your coverage:

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan. Check on your specific coverage before obtaining them.

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3054**, or visit **clevelandclinic.org/health**

Screening Guidelines for Women

SCREENING/TEST	WHO	FREQUENCY					
Breast Cancer Screening							
Physician Breast Exam	For women ages 40 and over	Annually					
Mammography	For women ages 40 and over	Annually Frequency for women between 40 and 49 may be decreased to every 2 years Discuss risk factors and family history with your doctor					
Breast Self-Exams (after instruction)	For women ages 20 and over	Monthly					
Cervical Cancer Screening							
Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 to 65	Pap test without HPV test every 2 years up to age 30; Pap test with HPV test every 3 years after age 30 (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)					
Cholesterol Screening							
Lipid Panel, including LDL	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile					

SCREENING/TEST WHO FREQUENCY Colorectal Cancer Screening Every 10 years (preferred) Screening Colonoscopy For women age 50 and or over with no family history High Sensitivity Stool Annual Screening of colorectal cancer and/or Occult Blood Testing precancerous polyps or ... Flexible Sigmoidoscopy For women age 40, or Every 5 years, with high sensitivity stool occult blood 10 years younger than the testing every 3 years youngest known case of colorectal cancer and/or precancerous polyps in the family **Diabetes Screening** Fasting Plasma Glucose For women ages Every 3 years 45 and over (preferred) or Hemoglobin A1C BMI greater than 25 with at Every 3 years least one additional risk factor Hypertension Screening Blood Pressure For all women. Every 1-2 years Measurement regardless of age **Osteoporosis Screening** DXA (bone-density testing) For women ages 65 Baseline testing, with and over, or starting at follow-up interval based on menopause if additional test results risk factors exist Sexually Transmitted Disease Screening Routine Chlamydia For women through age 25 Annually Screening who are sexually active, and women over 25 who are at increased risk **HIV Screening** All women ages 13-64 One-time screening with should be offered the test follow-up test based on

discussion with your doctor

of individual risk

Immunization Guidelines

VACCINATION	WHO	FREQUENCY				
Human Papilloma Virus (HPV) Vaccine (Gardasil [®] and Cervarix [®] — for Cervical Cancer)	For all females between ages 11 and 26	One series of 3 vaccines				
Influenza (Flu) Vaccine	All those 6 months and older	Annually				
	Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually				
Pneumococcal Vaccine (for Pneumonia)	All women ages 65 and over	Single vaccination only				
	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single revaccination 5 years later				
Diphtheria/Tetanus/Pertussis Vaccine	For women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster				
Diphtheria/Tetanus Vaccine	For women up to age 65	Every 10 years				
	For women 65 or over	Single vaccination only				
Varicella Zoster Vaccine (for Shingles)	For women ages 60 and older	Single vaccination; no revaccination required				

Other vaccines that you may need: Hepatitis A Hepatitis B Meningococcal (Meningitis)

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Cleveland Clinic Women's Health

For more information about Women's Health	Wooster	Westlake	Strongsville Twinsburg Medical Offices	Lorain	Lakewood	Independence	Fairview Hospital	Elyria	Chagrin Falls	Brunswick	Broadview Heights	Beachwood	Avon Lake	Avon
: Women's Health	330.287.4500 216.444.6601		440.878.2500 330.888.4000			216.986.4000	216.476.7000 	440.366.9444	440.893.9393		216.986.4000	216.839.3000		



The Cleveland Clinic Foundation 9500 Euclid Avenue / AC311 Cleveland, Ohio 44195

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