

How to Prioritize Her Health at Every Stage of Life

Tricks & Tips

1. Many appointments must be scheduled several months in advance, so be sure to prepare ahead of time.
2. Set aside time to schedule regular appointments and check with a family member or friend that they scheduled theirs, too!
3. Prepare in advance any questions you have for your appointment and try to leave the distractions at home so you can take advantage of the time with your healthcare provider.

Area of Health	How often?	20's	30's	40's	50's	60's	70+
General							
Schedule primary care well visit, including routine blood work. ¹	Yearly	●	●	●	●	●	●
Visit an ophthalmologist for an eye exam. You may have your eyes checked more often if you wear glasses or contacts or a family history of eye disease or vision loss. ²	Every 2 years	●	●	●	●	●	●
Schedule dental cleanings. ³	Twice a year	●	●	●	●	●	●
Meet with a dermatologist for a skin exam - melanoma is one of the most common cancers in people younger than 30 (especially younger women). ⁴	Yearly	●	●	●	●	●	●
Reproductive							
Talk with your doctor about fertility and family planning options if you're considering getting pregnant. ⁵	As needed	●	●	●			
Schedule a STD screening if you are sexually active and/or pregnant. ⁶	Yearly for women under 25	●	●	●			
Get screened for cervical cancer at age 21 with a Pap test. ⁷	Every 3 years if negative	●					
Speak with your doctor about perimenopause and menopause symptoms. ⁸	As needed			●	●		
Cardiovascular							
Visit your doctor to check on your cholesterol levels, blood pressure and weight. These levels can help measure your risk for cardiovascular disease (CVD). Women have an increased risk of CVD from ages 55 to 64. ⁹	Yearly			●	●	●	●
Endocrinological							
Get checked for thyroid disease, which can develop as women begin menopause. ¹⁰	Yearly			●	●		
Get screened for diabetes. If you are at risk for diabetes, you may be screened more often. ¹¹	Every 3 years beginning at age 65					●	●

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Breast							
Schedule regular screenings for breast cancer. ¹²	Every 1-2 years beginning at age 40			●	●	●	●
Learn how to conduct regular breast self-exams to become familiar with your body and keep an eye out for any concerning changes. ^{13,14}	Monthly	●	●	●	●	●	●
Digestive							
Schedule a colonoscopy to be checked for colorectal cancer. ¹⁵	Every year beginning at age 45			●	●	●	●
Skeletal							
Talk to your doctor about osteoporosis and explore ways to potentially to reduce your risk. Osteoporosis affects an estimated 10 million Americans and about 80% are women. ¹⁶	Yearly				●	●	●

1 <https://health.clevelandclinic.org/do-you-need-a-yearly-physical/>

2 <https://www.mayoclinic.org/tests-procedures/eye-exam/about/pac-20384655>

3 <https://www.humana.com/learning-center/health-and-wellbeing/healthy-living/teeth-cleaning#:~:text=The%20American%20Dental%20Association%20recommends,recurrence%20of%20infections%20or%20disease.>

4 <https://www.aad.org/public/diseases/skin-cancer/find/check-skin>

5 <https://www.cdc.gov/preconception/planning.html>

6 <https://www.cdc.gov/std/prevention/screeningrecs.htm>

7 <https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

8 <https://www.mayoclinic.org/diseases-conditions/perimenopause/symptoms-causes/syc-20354666>

9 <https://www.acog.org/womens-health/faqs/heart-health-for-women>

10 <https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>

11 <https://medlineplus.gov/ency/article/007463.htm#:~:text=If%20you%20are%20age%2065,should%20be%20screened%20more%20often.>

12 <https://www.acog.org/womens-health/faqs/mammography-and-other-screening-tests-for-breast-problems>

13 <https://my.clevelandclinic.org/health/diagnostics/3990-breast-self-exam>

14 https://www.breastcancer.org/symptoms/testing/types/self_exam

15 <https://www.cancer.org/latest-news/american-cancer-society-updates-colorectal-cancer-screening-guideline.html>

16 <https://www.womenshealth.gov/a-z-topics/osteoporosis>