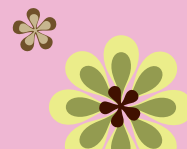


Prevention Guidelines for Women



Many illnesses affecting women are fairly preventable. Those illnesses that cannot be prevented are treatable if detected early. Women's Services at Iowa Health – Des Moines has put together the following schedule to educate women on when and how often screenings are recommended.

TEST	AGE			
	18-39	40-49	50-64	65 and older
Blood Glucose Level	Varies depending on family history and risk factors for diabetes			
Blood Pressure	Every one to two years			
Bone Density (Osteoporosis)		Postmenopausal women should discuss screening and risk factors with their provider		
Breast Self-Exam	Monthly self-exam; annual exam by provider			
Cholesterol	Every five years after age 18			
Colorectal Exam (Colonoscopy)			Beginning at age 50, a colonoscopy is recommended every 10 years. Screening may be recommended earlier based on your family and medical history.	
Depression (Postpartum depression)	Consult your provider if you experience feelings of sadness, loneliness and irritability for more than two weeks; see your provider if you experience these feelings during or after pregnancy			
Dental Exam	Twice a year for checkup and cleaning			
Eye Exam	Every one to two years; yearly if you have diabetes or a family history of eye diseases			
Hearing Screening	Every 10 years up to age 50; more frequent testing after 50			
Mammography		Every one to two years after age 40; see your provider for personal risks		
Pap Smear	Recommended every two years beginning no later than age 21. After age 30, you and your provider may decide to conduct one every two-three years if you have three normal test results in a row and no relevant health risks.			
Pelvic Exam	Recommended yearly beginning no later than age 21.			
Physical Exam	Annual full checkup including height and weight; consult your provider about any health concerns you may have			
Sexually Transmitted Disease Testing	If you are sexually active and at increased risk, get tested for diseases such as Chlamydia, Gonorrhea and HIV			
Skin Exam	Annual mole checks; check yourself for suspicious growths or changes			

Keep in mind these are guidelines only. Your physician or nurse will personalize the timing of the screening tests you need based on many factors. For more information about our Women's Health Services, please visit www.iowahealth.org/women.

For 24-hour health information, please call My Nurse at 1-800-IA-HEALTH (1-800-424-3258).



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