

Preventative Worksheet for Those 19-49-years-old - Women

Exams		Date	Date	Date	Date
Exam	Those 19-21 every 1-3 years; 22-49 every 1-2 years				
Dental exam	Every 6-12 months				
Vision screening	At least every 10 years between 20-29; every 5 years between 30-39; every 2-4 years 40-49				
Total skin exam	Every 3 years until age 39 and than every year				
Screenings					
Height, weight, BMI	Annually				
Blood pressure	Annually				
Depression Screen	Annually				
Tuberculin skin test	High risk				
Cholesterol test	Every 5 years starting at age 45, some say start at 20				
Diabetes screen	Every 1-3 years after age 45				
Hemoglobin/hematocrit	Optional – Every 1-2 years				
Thyroid disease	At age 35 and then every five years				
Sexually transmitted disease screen	Screening for chlamydia and gonorrhea if under 26 years-old and testing for syphilis and HIV in high risk people				
Cervical cancer screen	Within 3 years of the onset of sexual activity, have a Pap smear ; than every 1-3 years between ages 21 and 65 or younger if sexually active				
Breast Cancer	Mammogram every 1-2 years starting at age 40				
Immunizations					
Tetanus, diphtheria, pertussis (Tdap); Tetanus/diphtheria (Td)	Every 10 years; Tdap if never received before as a substitute for one dose of Td				
Hepatitis A	High risk				
Hepatitis B	High risk				
HPV	Three doses starting at age 11-12 up to age 26				
Influenza	High risk				
Meningococcal	One dose between 19-24 if not already vaccinated				
MMR	One or two doses are given for selected individuals				
Pneumococcal	High risk				
Varicella (Chicken Pox)	If not previously given and no immunity				
Medications					
Aspirin	Daily aspirin may be indicated between 55-79				
Breast cancer drugs	Considered in high risk				