

Screening Test Schedule

These age-specific guidelines are for women at average risk of common diseases and conditions.

Test	Ages 20 to 39	Ages 40 to 50	Age 50+
Blood cholesterol	Every 5 years	Every 5 years	Every 5 years
Blood pressure	Every 2 years	Every 2 years	Every 2 years
Body mass index	Ask your doctor	Ask your doctor	Ask your doctor
Bone mineral density	-----	Ask your doctor	Baseline test by age 65
Breast self-exam	Often enough to check for changes	Often enough to check for changes	Often enough to check for changes
Clinical breast exam	Ask your doctor	Annually	Annually
Colorectal cancer screen			
Colon X-ray with barium enema	-----	Every 5 years starting at age 50	Every 5 years
or Colonoscopy	-----	Every 10 years starting at age 50	Every 10 years
or Fecal occult blood test	-----	Every year starting at age 50	Annually
or Flexible sigmoidoscopy	-----	Every 5 years starting at age 50	Every 5 years
Dental checkup	At least once a year	At least once a year	At least once a year
Eye exam	At least once during this time period; Annually if you wear corrective lenses	Every 2 to 4 years; Annually if you wear corrective lenses	Every 2 to 4 years up to age 64; Every 1 to 2 years starting at age 65; Annually if you wear corrective lenses
Fasting blood sugar	-----	Baseline by age 45	Every 3 to 5 years
Full-body skin cancer check	Every 2 to 3 years	Every 2 to 3 years	Annually
Hearing test	-----	Ask your doctor	Baseline test by age 60
Mammography	-----	Annually	Annually
Pap test	Annually (regular test); Every 2 years (liquid-based test) up to age 29	Every 2 or 3 years (after 3 normal test results in a row)	Every 2 or 3 years (after 3 normal test results in a row)
Thyroid-stimulating hormone test	-----	Every 3 to 5 years	Every 3 to 5 years
Transferrin saturation test	Ask your doctor	Ask your doctor	Ask your doctor
Waist circumference measurement	Ask your doctor	Ask your doctor	Ask your doctor