

Take Good Care of Yourself

*The best
protection
is early
detection*



**MARY
CHILES
HOSPITAL**

**50 Sterling Ave.
Mt. Sterling, KY 40353
(859) 498-1220**

Women's Health Tests

Schedule these health tests as recommended

Blood Glucose (for diabetes)

Age 20 and over: every 5 years or as directed by doctor

Blood Pressure

Age 20 and over: every 2 years or as directed by doctor

Bone Density Test (for osteoporosis)

As directed by doctor

*Breast Cancer Screening**

- Age 40 and over: Mammogram and Clinical Breast Exam (CBE) annually
- Age 20s and 30s: Clinical Breast Exam (CBE) at least every 3 years
- Monthly Breast Self-Exam (BSE)** should be done starting at puberty.

Cardiovascular Disease Risk Assessment

Age 20 and over: as directed by doctor

Cholesterol

Every 5 years or as directed by doctor

*Colorectal Exams**

Age 50 and over: one of these schedules—

1. Fecal Occult Blood Test every year
2. Flexible Sigmoidoscopy every 5 years Δ
3. Fecal Occult Blood Test every year and Flexible Sigmoidoscopy every 5 years Δ †
4. Double-Contrast Barium Enema every 5 years Δ
5. Colonoscopy every 10 years Δ

Dental Checkup

Every 6 months

*Endometrial Biopsy**

Age 35: discuss need for annual biopsy with doctor

Eye Exam

Annual eye exams are recommended for all ages

Hearing Test

Test if hearing problem or loss is suspected, or as directed by doctor

*Pap Test and Pelvic Exam**

Start about 3 years after beginning sexual activity, but no later than age 21: every 1-2 years***

Routine Physical (including cancer-related checkups)

As directed by doctor

Thyroid Screening

Age 35 and over: every 5 years or as directed by doctor

* Based on American Cancer Society recommendations

** Many experts recommend doing a monthly BSE. Consult your healthcare professional at the time of your CBE.

*** After age 30, women with 3 normal Pap tests in a row may get screened less often at their doctor's discretion.

Δ A Digital Rectal Exam should be done at the same time as Sigmoidoscopy, Colonoscopy or Double-Contrast Barium Enema.

† Of the first 3 options, the American Cancer Society prefers option 3