



Women:

Stay Healthy at Any Age

Get the screenings you need

Screenings are tests that look for diseases before you have symptoms. Blood pressure checks and mammograms are examples of screenings. You can get some screenings, such as blood pressure readings, in your health care provider's office. Others, such as mammograms, need special equipment, so you may need to go to a different office.

Breast cancer

Ask your health care team whether a mammogram is right for you based on your age, family history, overall health, and personal concerns.

Cervical cancer

Have a Pap smear every 1 to 3 years if you are 21 to 65 years old and have been sexually active. If you are older than 65 and recent Pap smears were normal, you do not need a Pap smear.

Chlamydia and other sexually transmitted diseases

Sexually transmitted diseases can make it hard to get pregnant, may affect your baby, and can cause other health problems.

- Have a screening test for Chlamydia if you are 24 or younger and sexually active. If older than 24, ask about this screening.
- Ask your health care provider whether you should be screened for other sexually transmitted diseases.

Colorectal cancer

Have a screening test for colorectal cancer starting at age 50. If you have a family history of colorectal cancer, you may need to be screened earlier.

Depression

Your emotional health is as important as your physical health. Talk to your health care provider about being screened for depression, especially if during the last 2 weeks:

- You have felt down, sad, or hopeless.
- You have felt little interest or pleasure in doing things.

Diabetes

Get screened for diabetes if your blood pressure is higher than 135/80 or if you take medication for high blood pressure. Diabetes (high blood sugar) can cause problems with your heart, brain, eyes, feet, kidneys, nerves, and other body parts.

Use this information to help you stay healthy. Learn about which screening tests to get, whether you need medicines to prevent diseases, and steps you can take for good health.

After a screening test, ask when you will see the results and who you should talk to about them.

It's Your Body!
You know your body better than anyone else. Always tell your health care provider about any changes in your health, including your vision and hearing. Ask them about being checked for any condition that may concern you (glaucoma or skin cancer, for example).





High blood pressure

Starting at age 18, have your blood pressure checked every 2 years. High blood pressure is 140/90 or higher. High blood pressure can cause stroke, heart attacks, kidney disease, eye problems, and heart failure.

High cholesterol

Starting at age 20, have your cholesterol checked regularly if:

- You use tobacco.
- You are obese.
- You have diabetes or high blood pressure.
- You have a personal history of heart disease or blocked arteries.
- A man in your family had a heart attack before age 50, or a woman before age 60.

HIV

Talk with your health care team about HIV screening if any of these apply to you:

- You have had unprotected sex with multiple partners.
- You exchange sex for money or drugs.
- You have or had a sex partner who is HIV-infected, bisexual, or injects drugs.
- You are being treated for a sexually transmitted disease.
- You had a blood transfusion between 1978 and 1985.
- You have injected drugs.

Osteoporosis (bone thinning)

Have a screening test at age 65 to make sure your bones are strong. If you are younger than 65, talk to your health care team about whether you should be tested.

Overweight and obesity

The best way to learn if you are overweight or obese is to find your body mass index (BMI). You can find your BMI by entering your height and weight into a BMI calculator. Visit www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm

A BMI between 18.5 and 25 indicates a normal weight. Persons with a BMI of 30 or higher may be obese. Overweight and obesity can lead to diabetes and cardiovascular disease.

Be tobacco free

For tips on how to quit, visit www.smokefree.gov

If you drink alcohol, have no more than 2 drinks per day if you are 65 or younger. If you are older than 65, have no more than 1 drink a day.

A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Take preventive medicines if you need them

Aspirin

If you are 55 or older, ask your health care team if you should take aspirin to prevent strokes.

Breast cancer drugs

If your mother, sister, or daughter has had breast cancer, talk to your doctor about whether you should take medicines to prevent breast cancer.

Estrogen for menopause (hormone replacement therapy)

Do not use estrogen to prevent heart disease or other diseases. If you need relief from symptoms of menopause, talk with your health care team.

Immunizations

- Get a flu shot every year.
- If you are 65 or older, get a pneumonia shot.
- Talk with your health care team about whether you need vaccinations. You can also find which ones you need at www2.cdc.gov/nip/adultimmsched