

Staying Healthy Checklist – Women



These are MANDATORY things to do, not optional.

Women 50 & older

1. Mammogram (*yearly*)
2. Fasting blood work (*yearly*): check for diabetes, cholesterol, thyroid
3. Colonoscopy (*every 5 years*): check for colon cancer
4. PAP smears (*every 3 years*): check for cervical cancer (*stop age 65*)
5. Tetanus vaccination (*every 10 years*)
6. Consider osteoporosis (*thin bones*) test = DEXA scan
7. Take aspirin daily
8. Take calcium daily
9. Is your blood pressure regularly 130/80 or less?
10. Are you NOT smoking?

Women 40 - 49

1. Mammogram (every 1-2 years)
2. Fasting blood work (*yearly*): check for diabetes, cholesterol, thyroid
3. PAP smears (*every 3 years*): check for cervical cancer
4. Tetanus vaccination (*every 10 years*)
5. Take calcium daily
6. Is your blood pressure regularly 130/80 or less?
7. Are you NOT smoking?

Women under age 40

1. Did your mother or sister have breast cancer? If yes, discuss Mammogram
2. Fasting blood work (*every 1-3 years*): check for diabetes, cholesterol
3. PAP smears (*every 1-3 years*): check for cervical cancer
4. Tetanus vaccination (*every 10 years*)
5. Consider hepatitis B screening if have tattoos (or sexually active)
6. Skin checked for skin cancer (especially if you tan)
7. Are you NOT smoking?