



# Health Maintenance Guidelines for Women



### Customize your plan:

These guidelines apply to healthy women in the general population. The right plan for your care may differ based on your medical history, family history, personal preferences and lifestyle, as well as your physician's experience. You and your physician should work together to develop a specific preventive health screening plan for you.

For additional national guidelines, visit [www.nhlbi.nih.gov/guidelines](http://www.nhlbi.nih.gov/guidelines); or [www.ahrq.gov/clinic/uspstfix.htm](http://www.ahrq.gov/clinic/uspstfix.htm)

### Add education and counseling:

- Smoking Cessation
- Alcohol and Drug Abuse Prevention
- Seat Belt Safety
- Safe Sex Practices
- Preconception Counseling
- Contraception Counseling
- Nutrition and Exercise
- Firearm Safety
- Domestic Violence Screening

Also, for women entering, during and after menopause:

- Osteoporosis Prevention

### Check your coverage:

Some tests and vaccinations may not be covered by Medicare or by your health insurance plan. Check on your specific coverage before obtaining them.

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3054**, or visit **[clevelandclinic.org/health](http://clevelandclinic.org/health)**

# Screening Guidelines for Women

SCREENING/TEST	WHO	FREQUENCY
<b>Breast Cancer Screening</b>		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually Frequency for women between 40 and 49 may be decreased to every 2 years Discuss risk factors and family history with your doctor
Breast Self-Exams (after instruction)	For women ages 20 and over	Monthly
<b>Cervical Cancer Screening</b>		
Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 to 65	Pap test without HPV test every 2 years up to age 30; Pap test with HPV test every 3 years after age 30 (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
<b>Cholesterol Screening</b>		
Lipid Panel, including LDL	For all women starting at age 20, or earlier if Cardiac Risk Profile reveals high risk	Every 5 years, or more frequently based on results and risk profile

SCREENING/TEST	WHO	FREQUENCY
<b>Colorectal Cancer Screening</b>		
Screening Colonoscopy	For women age 50 and over with no family history of colorectal cancer and/or precancerous polyps	Every 10 years (preferred)
High Sensitivity Stool Occult Blood Testing		Annual Screening
Flexible Sigmoidoscopy	For women age 40, or 10 years younger than the youngest known case of colorectal cancer and/or precancerous polyps in the family	Every 5 years, with high sensitivity stool occult blood testing every 3 years
<b>Diabetes Screening</b>		
Fasting Plasma Glucose (preferred) or Hemoglobin A1C	For women ages 45 and over	Every 3 years
	BMI greater than 25 with at least one additional risk factor	Every 3 years
<b>Hypertension Screening</b>		
Blood Pressure Measurement	For all women, regardless of age	Every 1-2 years
<b>Osteoporosis Screening</b>		
DXA (bone-density testing)	For women ages 65 and over, or starting at menopause if additional risk factors exist	Baseline testing, with follow-up interval based on test results
<b>Sexually Transmitted Disease Screening</b>		
Routine Chlamydia Screening	For women through age 25 who are sexually active, and women over 25 who are at increased risk	Annually
HIV Screening	All women ages 13-64 should be offered the test	One-time screening with follow-up test based on discussion with your doctor of individual risk

# Immunization Guidelines

VACCINATION	WHO	FREQUENCY
Human Papilloma Virus (HPV) Vaccine (Gardasil® and Cervarix® — for Cervical Cancer)	For all females between ages 11 and 26	One series of 3 vaccines
Influenza (Flu) Vaccine	All those 6 months and older	Annually
	Particularly important for high-risk adults of any age with diabetes or heart, lung, liver, kidney or immune disease; pregnant women; and those in contact with high risk patients or who care for infants less than 6 months old	Annually
Pneumococcal Vaccine (for Pneumonia)	All women ages 65 and over	Single vaccination only
	For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease	Initial vaccination, with single revaccination 5 years later
Diphtheria/Tetanus/Pertussis Vaccine	For women ages 19 to 64	One time in place of the Diphtheria/Tetanus Booster
Diphtheria/Tetanus Vaccine	For women up to age 65	Every 10 years
	For women 65 or over	Single vaccination only
Varicella Zoster Vaccine (for Shingles)	For women ages 60 and older	Single vaccination; no revaccination required

## Other vaccines that you may need:

**Hepatitis A**

**Hepatitis B**

**Meningococcal (Meningitis)**



# Cleveland Clinic Women's Health

Avon .....	440.899.5555
Avon Lake .....	440.930.6800
Beachwood .....	216.839.3000
Broadview Heights .....	216.986.4000
Brunswick .....	330.225.8886
Chagrin Falls .....	440.893.9393
Elyria .....	440.366.9444
Fairview Hospital .....	216.476.7000
Hillcrest Hospital .....	440.312.2229
Independence .....	216.986.4000
Lakewood .....	216.521.4400
Lorain .....	440.204.7400
Solon .....	440.519.6800
Strongsville .....	440.878.2500
Twinsburg Medical Offices .....	330.888.4000
Westlake .....	440.899.5555
Willoughby Hills .....	440.943.2500
Wooster .....	330.287.4500
Main Campus .....	216.444.6601

For more information about Women's Health services, visit us at [clevelandclinic.org](http://clevelandclinic.org)



**Cleveland Clinic**

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