

# WOMEN: 30-39

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 2-3 years			
Obesity	Body Fat / BMI	Every 1-2 years			
Cervical Cancer	Pap Smear	Regular Pap test-yearly Liquid-based Pap test- Every two years. Beginning at age 30, women who have had 3 normal tests in a row may be screened every 2-3 years.			
Oral Health	Dental Exam	Annually			
Breast Health	Breast Self Exam Clinical Exam	Monthly At least every 3 years			
Skin Cancer	Self Exam Clinical	Monthly Screening by health care provider every 1-3 years			