

# WOMEN: 40-49

Disease/Condition	Test	Frequency	Date of Screening		
Hypertension	Blood Pressure	Every 1-2 years			
Obesity	Body Fat / BMI	Every 1-2 years			
Cervical Cancer	Pap Smear	Every 1-2 years, women who have had 3 normal tests in a row may be screened every 2-3 years.			
Oral Health	Dental Exam	Annually			
Breast Cancer	Breast Self Exam	Monthly			
Breast Cancer	Clinical Exam Mammogram	Every year Every year			
Skin Cancer	Self Exam Clinical exam	Monthly Screening by health care provider every 1-3 years			
High Cholesterol	Lipid Profile	Low risk every 5 years High Risk every 2 years			
Hearing		Every 10 years			
Hypothyroidism	Thyroid Test (TSH)	Every 3-5 years			
Diabetes	Blood Sugar test	Every 3 years			
Eyes	Vision & Eye Exam	Every 2-4 years			