

TESTS WOMEN NEED FOR CANCER, DIABETES, HEART DISEASE AND STROKE



GLOSSARY

Body Mass Index (BMI) The higher the BMI (calculated from your height and weight), the greater the risk for type 2 diabetes, heart disease, stroke, and some cancers.

Blood Pressure (BP) High blood pressure increases risk for heart disease, stroke, type 2 diabetes, and kidney disease.

Cholesterol Test (Blood Lipid Profile) High cholesterol increases risk for heart disease and stroke.

Blood Glucose (Sugar) High levels indicate risk for diabetes or actual diabetes and an increase risk for heart disease and stroke.

Colon Cancer Testing These tests can either prevent colon cancer or find it early. Colon cancer can be prevented by finding and removing a polyp before it becomes cancer.

Breast Exam (performed by a doctor or nurse) An exam of your breasts for lumps or unusual changes by a healthcare professional.

Mammogram An x-ray used to help find breast cancer early in women without any symptoms.

Pap Test (Cervical Cancer Testing) Collecting cells from a woman's cervix to see if abnormal cells are present.

20 TO 29 YEARS OF AGE

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP) Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile) Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar) Find out if you are at high risk for diabetes. If not, no test is needed at this time.

Colon Cancer Testing Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Breast Exam (performed by a doctor or nurse) Every three years. As part of the exam, talk to a healthcare professional about your risk for breast cancer.

Mammogram No test needed at this time.

Pap Test (Cervical Cancer Testing) Every one to two years, depending on the type of test.

30 TO 39 YEARS OF AGE

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP) Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile) Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar) Find out if you are at high risk for diabetes. If not, no test is needed at this time.

Colon Cancer Testing Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Breast Exam (performed by a doctor or nurse) Every three years

Mammogram Find out if you are at higher than average risk for breast cancer. If not, then no test is needed at this time.

Pap Test (Cervical Cancer Testing) Every one to three years, depending on the type of test you get and past results

TESTS WOMEN NEED FOR CANCER, DIABETES, HEART DISEASE AND STROKE

40 TO 49 YEARS OF AGE

Body Mass Index (BMI)

Calculated from height and weight each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Under 45, ask your healthcare professional. Starting at age 45, test every three years.

Colon Cancer Testing

Find out if you are at higher than average risk for colon cancer. If not, then no test is needed at this time.

Breast Exam (performed by a doctor or nurse)

Every year

Mammogram

Test every year. If you are at higher risk for breast cancer than most women, then ask a healthcare professional about additional tests.

Pap Test (Cervical Cancer Testing)

Every one to three years, depending on the type of test you get and past results

50 TO 64 YEARS OF AGE

Body Mass Index (BMI)

Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Every three years

Colon Cancer Testing

Testing recommended. Talk to a healthcare professional about which tests are best for you and how frequently tests should be done.

Breast Exam (performed by a doctor or nurse)

Every year

Mammogram

Every year

Pap Test (Cervical Cancer Testing)

Every one to three years, depending on the type of test you get and past results.

Pap testing after a total hysterectomy is not necessary unless the surgery was done for cervical cancer.

65 YEARS AND OLDER

Body Mass Index (BMI) Calculated from height and weight at each routine healthcare visit.

Blood Pressure (BP)

Each routine healthcare visit (every two years at minimum if your BP is less than 120/80 mmHg)

Cholesterol Test (Blood Lipid Profile)

Every 5 years (or more often if you are on treatment for high cholesterol or as recommended by a healthcare professional).

Blood Glucose (Sugar)

Every three years

Colon Cancer Testing

Testing recommended. Talk to a healthcare professional about which tests are best for you and how frequently tests should be done.

Breast Exam (performed by a doctor or nurse)

Every year

Mammogram

Every year

Pap Test (Cervical Cancer Testing)

Every one to three years, depending on the type of test you get and past results.

If you are 70 or older, you may stop testing if you have had 3 normal Pap tests in a row and no abnormal Pap test in the past 10 years.

Pap testing after a total hysterectomy is not necessary unless the surgery was done for cervical cancer.

All services above are covered by Medicare.