



BE PROACTIVE, AT ALL AGES.

Women's health screenings and vaccinations play a key role in disease prevention and early detection. No matter your age, it is important to stay on top of your recommended health and wellness checks. Talk to your physician about your lifestyle, your medical and family history, and what diseases you may be at the highest risk for. Together with your physician, build a preventative health screening plan that's right for you.

Age Group	Test	Frequency
10-19	HPV Vaccine (Ages 9-14)	2 shots, 6 months apart
	Routine Chlamydia Screening (if sexually active)	Annually
	HIV Test (all women should be offered this test after becoming sexually active)	One-time screen with follow-up based on individual risk
	Physical checks for weight, height, skin changes; counseling for alcohol, tobacco, recreational drug use, sexual activity, diet and exercise	
20-29	Breast Self-Exams	Monthly
	Clinical Breast Exam (by a physician)	Every 1-3 years
	Pap Test	Every 3 years
	Lipid Panel	Every 5 years
	Routine Chlamydia Screening (up to 25 and sexually active or 25+ with an increased risk)	Annually
	HPV Vaccination (Ages 15-45)	One series of 3 vaccines, each 2 months apart
30-39	Breast Self-Exams	Monthly
	Clinical Breast Exam (by a physician)	Every 1-3 years
	Pap Test/HPV Test	Every 3 years
	Lipid Panel	Every 5 years
	Blood Sugar Testing	Every 5 years or annually if overweight
40-49	Breast Self-Exams	Monthly
	Clinical Breast Exam (by a physician)	Annually
	Mammogram	Annually
	Ovarian Screening (for post-menopausal or high-risk women)	Every 3 years
	Pap Test/HPV Test	Every 3 years
	Lipid Panel	Every 5 years
	Bone Density Screening (if under 127 lbs. or at risk for osteoporosis)	Every 3 years or depending on results from 1st test
	Colonoscopy Screening (with family history of colorectal cancer and/or precancerous polyps)	Every 10 years
	High Sensitivity Stool Occult Blood Testing (with family history of colorectal cancer and/or precancerous polyps)	Annually
	Flexible Sigmoidoscopy	Every 5 years
Blood Sugar Testing	Annually	

Age Group	Test	Frequency
50-59	Breast Self-Exams	Monthly
	Clinical Breast Exam (by a physician)	Annually
	Mammogram	Annually
	Ovarian Screening	Every 3 years
	Pap Test/HPV Test	Every 5 years
	Lipid Panel	Every 5 years
	Bone Density Testing	Every 3 years
	Colonoscopy Screening (all women)	Every 5 years
	High Sensitivity Stool Occult Blood Testing	Annually
	Flexible sigmoidoscopy	Every 5 years
	Coronary Screening for heart disease, including EKG	Annually
	Blood Sugar Test	Every 3 years, annually if overweight
60+	Breast Self-Exams	Monthly
	Clinical Breast Exam (by a physician)	Annually
	Mammogram	Annually
	Pap Test/HPV Test	Every 3 years
	Lipid Panel	Every 5 years
	Colonoscopy Screening (all women)	Every 10 years
	High Sensitivity Stool Occult Blood Testing	Annually
	Flexible Sigmoidoscopy	Every 5 years
	Bone Density Test	Every 2-3 years
	Blood Sugar Test	Every 3 years
	Pneumococcal Vaccine (65+)	Single vaccination
	Varicella Zoster Vaccine (Shingles)	Single vaccination

*Recommendations are aligned with the American College of Obstetricians and Gynecologists (ACOG) and the Cleveland Clinic's Health Maintenance Guidelines for Women.

PROTECT YOURSELF AND THE IMPORTANT
WOMEN IN YOUR LIFE. SHARE THESE
GUIDELINES TO MAKE SURE THAT THE ONES
YOU LOVE ARE ALSO PUTTING THEIR HEALTH
AND WELLNESS FIRST.

For more information regarding OceanMed and the services we offer, or to book an appointment with us, please contact us at info@oceanmed.ky, **345-946-2326**, or visit our website at oceanmed.ky