

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; or 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.

Screening Guidelines may need to be adjusted based on your family history.

For more information, please contact the Cleveland Clinic Center for Consumer Health Information at **216.444.3771**, or visit clevelandclinic.org/health

Cleveland Clinic Women's Health Locations

Call today for an appointment today:
216.444.CARE (2273)

Cleveland Clinic Main Campus

Internal Medicine*
Ob/Gyn & Women's Health
Center for Specialized Women's Health

Cleveland Clinic Community Hospitals

Fairview Hospital*
Hillcrest Hospital*
Medina Hospital*

Cleveland Clinic Family Health Centers

Avon Pointe
Avon Lake
Beachwood*
Broadview Heights
Brunswick*
Chagrin Falls*
Elyria
Independence*
Lakewood
Lorain

Medina Medical Office Building
Richard E. Jacobs Health Center* (Avon)
Solon*
Stephanie Tubbs Jones Health Center
(East Cleveland)
Strongsville*
Twinsburg*
Willoughby Hills*
Wooster

Additional Family Medicine Locations

Brook Park
Cleveland
Garfield Heights
Independence
Lakewood
Madison (coming soon)
Rocky River
Valley City

Additional Internal Medicine Locations

Cleveland Heights
Garfield Heights
Mayfield Heights
Mentor (coming soon)
North Olmsted
Warrensville Heights
Westlake

For more information about Women's Health services, visit us at clevelandclinic.org.

*Offering Primary Care Women's Health

13-FHC-248



Health Maintenance Guidelines for Women



SCREENING/TEST	WHO	FREQUENCY
Breast Cancer Screening		
Physician Breast Exam	For women ages 40 and over	Annually
Mammography	For women ages 40 and over	Annually. Discuss risk factors and family history with your doctor
Cervical Cancer Screening		
Pap Smear/Human Papilloma Virus (HPV) Testing	For women ages 21 to 65	Pap test without HPV test every 2 years, ages 21 to 30; Pap test with HPV test every 5 years after age 30 (Screening Paps are not required after hysterectomy unless surgery was performed for cancer or precancerous disease)
Cholesterol Screening		
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
Colorectal Cancer Screening		
Screening Colonoscopy	For women ages 50 and up; some experts suggest ages 45 and up for African American women. For those with a family history, screening should begin at age 40, or 10 years before the age when a first-degree relative got colorectal cancer/precancerous polyps	Every 10 years (preferred)
High Sensitivity Stool Occult Blood Testing		Annual Screening
Flexible Sigmoidoscopy		Every 5 years, with high sensitivity stool occult blood testing every 3 years

SCREENING/TEST	WHO	FREQUENCY
Diabetes Risk Assessment		
Fasting Plasma Glucose 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
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
Hypertension Screening		
Blood Pressure Measurement	For all women, regardless of age	Every 1-2 years
Lung Cancer Screening		
Low-Dose CT Lung Screening	For women between the ages of 55 and 74 who have smoked at least one pack a day for 30 years or more or two packs a day for 15 years. This applies if they have quit smoking less than 15 years ago	One-time screening
Osteoporosis Screening		
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
Sexually Transmitted Disease Screening		
Routine Chlamydia Screening	For women through age 25 who are sexually active, and women over 25 who are at increased risk	Annually

VACCINATION	WHO	FREQUENCY
Human Papilloma Virus (HPV) Vaccine (Gardasil® and Cervarix®) for the prevention of genital warts plus cervical and other HPV-related cancers	For all females between ages 11 and 26	One series of three shots
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 and older	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 50 and older	Single vaccination; no revaccination required

Other vaccines that you may need:
Hepatitis A
Hepatitis B
Meningococcal (Meningitis)