

# **\*\*Routine Health Screening Checklist for Women\*\***

---

**\*\*SimplySoundAdvice.com Presents:\*\***  
**\*\*Routine Health Screening Checklist for Women\*\***

Maintain your optimal health by staying proactive and informed. Use this checklist as a guide for regular health screenings tailored specifically for women.



## **\*\*General Health Screenings\*\***

- \*\*Annual Physical Examination\*\***: A comprehensive review of your overall health.
- \*\*Blood Pressure Measurement\*\***: Monitor for hypertension.
- \*\*Cholesterol Profile\*\***: Check LDL, HDL, and triglycerides to determine heart disease risk.
- \*\*Blood Glucose Test\*\***: Screen for diabetes, especially if over 45 or with a family history.



## **\*\*Immunizations\*\***

- \*\*Flu Shot\*\***: Get vaccinated annually.
- \*\*Tetanus Booster\*\***: Every 10 years or after potential exposure.
- \*\*HPV Vaccine\*\***: Protects against the most common types of HPV that can cause cervical cancer.



## **\*\*Vision and Hearing\*\***

- \*\*Eye Exam\*\***: Every 1-2 years, more frequently if using corrective lenses.
- \*\*Hearing Test\*\***: Especially if noticing a decline in hearing.



## **\*\*Heart Health\*\***

- \*\*Electrocardiogram (ECG)\*\***: To screen for potential heart issues.



## **\*\*Dental Health\*\***

- \*\*Dental Check-up\*\***: Twice yearly for cleaning and overall oral health examination.



### **\*\*Cancer Screenings\*\***

- \*\*Mammogram\*\***: Starting at age 40-50, then as recommended by your physician.
- \*\*Pap Smear\*\***: Beginning at age 21, then as recommended to screen for cervical cancer.
- \*\*Skin Examination\*\***: Annually with a dermatologist to check for early skin cancer signs.
- \*\*Colonoscopy\*\***: Starting at age 45-50, then as suggested by your physician.



### **\*\*Bone Health\*\***

- \*\*Bone Density Test\*\***: Recommended for postmenopausal women or those over 65 to assess osteoporosis risk.



### **\*\*Women's Specific Screenings\*\***

- \*\*Pelvic Exam\*\***: Yearly examination to check for gynecological health.
- \*\*Breast Self-exam\*\***: Monthly checks at home for any lumps or irregularities.
- \*\*Ovarian Cancer Screening\*\***: Discuss with your physician if you have a family history or other risk factors.

---

**\*\*Note\*\***: These recommendations are based on general guidelines. It's essential to consult with your healthcare provider to determine appropriate screenings tailored to your health profile and history.

For further insights and women's health guidance, remember to visit [SimplySoundAdvice.com](http://SimplySoundAdvice.com)