




RECOMMENDED HEALTH SCREENINGS FOR WOMEN WITH DISABILITIES





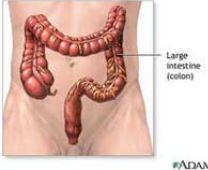

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ALL WOMEN need regular checkups and health screenings. Read the guide below. Learn when you need to see your doctor or nurse and make an appointment today!

Be a partner with your doctor or nurse to decide when you need your screenings. Share your family history, speak up, talk about your concerns, and **ALWAYS ASK QUESTIONS**. If you are wondering if you need certain screenings, ask your doctor or nurse.

Screening Tests	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 and older
Check up or Physical 	<p>Every year or more often. Talk with your doctor.</p>			
Heart Health: Blood Pressure 	<p>At least every 2 years.</p>			
Pap test/pelvic exam 	<p>Ages 19-29 ALL women should have Pap tests every 1-2 years if they are having sex.</p> <p>ALL women should have Pap tests every 1-2 years by age 21.</p> <p>Age 30-39 At least every 2-3 years. Talk with your doctor.</p>	<p>At least every 2-3 years. Talk with your doctor.</p>	<p>At least every 2-3 years. Talk with your doctor.</p>	<p>At least every 2- 3 years.</p> <p>Women over 70 should talk with their doctor.</p>

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Screening Tests	Ages 19-39	Ages 40-49	Ages 50-64	Ages 65 and older
Breast Health Mammogram 	Women with a family history should be screened. Talk with your doctor.	Every year. Talk with your doctor.	Every year. Talk with your doctor.	Every year. Talk with your doctor.
Oral Dental Health 	Every 6 to 12 months. Talk with your dentist.			
Eye and Ear Health Eye Exam 	Talk with your doctor.	At age 40 and 2-4 years after	Every 2-4 years	Every 1-2 years
Hearing Screening 	Every 10 years	Every 10 years	Every 3 years	Every 3 years
Colorectal health 	Talk with your doctor about which test is right for you.			
HIV test 	At least once to find out your HIV status. Talk with your doctor.			

For more information: National Women’s Health Information Center www.womenshealth.gov; American Cancer Society www.cancer.org; American College of Obstetricians and Gynecologists www.acog.org; American Heart Association www.heart.org; American Dental Association www.ada.org