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

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

Cleveland Clinic Women’s Health Locations

Cleveland Clinic Main Campus
Internal Medicine*
Ob/Gyn & Women’s Health
Center for Specialized Women’s Health

Cleveland Clinic Family Health Centers
Avon Pointe
Avon Lake
Beachwood*
Broadview Heights
Brunswick*
Chagrin Falls*
Elyria
Independence*
Lakewood
Lorain

Cleveland Clinic Community Hospitals
Fairview Hospital*
Hilcrest Hospital*
Medina Hospital*

Medina Medical Office Building
Richard E. Jacobs Health Center* (Avon)
Solos*
Stephanie Tubbs Jones Health Center
(East Cleveland)
Strongsville*
Twinsure* 
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
<table>
<thead>
<tr>
<th>SCREENING/TEST</th>
<th>WHO</th>
<th>FREQUENCY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breast Cancer Screening</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physician Breast Exam</td>
<td>For women ages 40 and over</td>
<td>Annually</td>
</tr>
<tr>
<td>Mammography</td>
<td>For women ages 40 and over</td>
<td>Annually, Discuss risk factors and family history with your doctor</td>
</tr>
<tr>
<td><strong>Cervical Cancer Screening</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pap Smear/Human Papilloma Virus (HPV) Testing</td>
<td>For women ages 21 to 65</td>
<td>Pap test without HPV test every 2 years; 21 to 30; Pap test with HPV test every 5 years after age 30 (Screening Pap is not required after hysterectomy unless surgery was performed for cancer or precancerous disease)</td>
</tr>
<tr>
<td><strong>Cholesterol Screening</strong></td>
<td></td>
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<tr>
<td>Lipid Panel, including LDL</td>
<td>For all women starting at age 20, or earlier if Cardiac: Risk Profile reveals high risk</td>
<td>Every 5 years or more frequently, based on results and risk profile</td>
</tr>
<tr>
<td><strong>Colorectal Cancer Screening</strong></td>
<td></td>
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<tr>
<td>Screening Colonoscopy</td>
<td>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</td>
<td>Every 10 years (preferred)</td>
</tr>
<tr>
<td>High Sensitivity Stool Occult Blood Testing</td>
<td>or Flexible Sigmoidoscopy</td>
<td>Annual Screening</td>
</tr>
<tr>
<td></td>
<td>For women ages 50 and up, with high sensitivity stool occult blood testing every 3 years</td>
<td>Every 5 years, high sensitivity stool occult blood testing every 3 years</td>
</tr>
<tr>
<td><strong>Diabetes Risk Assessment</strong></td>
<td></td>
<td></td>
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<tr>
<td>Fasting Plasma Glucose or Hemoglobin A1C</td>
<td>For women ages 45 and over</td>
<td>BMI greater than 25 with at least one additional risk factor</td>
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<tr>
<td><strong>HIV Screening</strong></td>
<td></td>
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<tr>
<td>All women ages 13-64 should be offered the test</td>
<td>One-time screening with follow-up test based on discussion with your doctor of individual risk</td>
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<tr>
<td><strong>Hypertension Screening</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blood Pressure Measurement</td>
<td>For all women, regardless of age</td>
<td>Every 1-2 years</td>
</tr>
<tr>
<td><strong>Lung Cancer Screening</strong></td>
<td></td>
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</tr>
<tr>
<td>Low-Dose CT Lung Screening</td>
<td>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</td>
<td>One-time screening</td>
</tr>
<tr>
<td><strong>Osteoporosis Screening</strong></td>
<td></td>
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<tr>
<td>DXA (bone-density testing)</td>
<td>For women ages 65 and over, or starting at menopause if additional risk factors exist</td>
<td>Baseline testing, with follow-up interval based on test results</td>
</tr>
<tr>
<td><strong>Sexually Transmitted Disease Screening</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Routine Chlamydia Screening</td>
<td>For women through age 25 who are sexually active, and women over 25 who are at increased risk</td>
<td>Annually</td>
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</tbody>
</table>

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<tr>
<td><strong>Immunization Guidelines</strong></td>
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</tr>
<tr>
<td>Human Papilloma Virus (HPV) Vaccine (Gardasil® and Cervarix®) for the prevention of genital warts plus cervical and other HPV-related cancers</td>
<td>For all females between ages 11 and 26</td>
<td>One series of three shots</td>
</tr>
<tr>
<td><strong>Influenza (Flu) Vaccine</strong></td>
<td>All those 6 months and older</td>
<td>Annually</td>
</tr>
<tr>
<td></td>
<td>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</td>
<td>Annually</td>
</tr>
<tr>
<td><strong>Pneumococcal Vaccine</strong></td>
<td>All women ages 65 and over</td>
<td>Single vaccination only</td>
</tr>
<tr>
<td></td>
<td>For smokers, and other high-risk adults of any age with diabetes, cancer, or heart, lung or immune disease</td>
<td>Initial vaccination, with single revaccination 5 years later</td>
</tr>
<tr>
<td><strong>Diphtheria/Tetanus/ Pertussis Vaccine</strong></td>
<td>For women ages 19 and older</td>
<td>One time in place of the Diphtheria/Tetanus Booster</td>
</tr>
<tr>
<td><strong>Diphtheria/Tetanus Vaccine</strong></td>
<td>For women up to age 65</td>
<td>Every 10 years</td>
</tr>
<tr>
<td><strong>Varicella Zoster Vaccine</strong></td>
<td>For women ages 50 and older</td>
<td>Single vaccination only</td>
</tr>
<tr>
<td></td>
<td>For women up to age 65</td>
<td>No revaccination required</td>
</tr>
</tbody>
</table>

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

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**Notes:**
- **Physician Breast Exam** and **Mammography** can be performed by a radiologist or other qualified medical professional.
- **Pap Smear/Human Papilloma Virus (HPV) Testing** should be performed annually, beginning at age 21, or earlier if indicated by risk factors.
- **Cholesterol Screening** should be performed at least every 5 years or more frequently, depending on risk profile.
- **Diabetes Risk Assessment** should be performed every 3 years for women ages 45 and over.
- **Hypertension Screening** should be performed every 1-2 years.
- **Osteoporosis Screening** should be performed annually for women ages 65 and over or starting at menopause if additional risk factors exist.
- **Sexually Transmitted Disease Screening** should be performed annually.

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**References:**
- Cleveland Clinic Health Maintenance Guidelines for Women
- clevelandclinic.org/fhc

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**Immunization Guidelines:**
- **Human Papilloma Virus (HPV) Vaccine** (Gardasil® and Cervarix®) for the prevention of genital warts plus cervical and other HPV-related cancers
- **Influenza (Flu) Vaccine**
- **Pneumococcal Vaccine** (for Pneumonia)
- **Diphtheria/Tetanus/Pertussis Vaccine**
- **Diphtheria/Tetanus Vaccine**
- **Varicella Zoster Vaccine** (for Shingles)
- **Other vaccines that you may need:**
  - **Hepatitis A**
  - **Hepatitis B**
  - **Meningococcal (Meningitis)**