

**Stay Healthy.
Preventive Care and Health
Screenings for Women**



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713.222.CARE

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**MEMORIAL[®]
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Women's Health Screenings, Through the Years

Convenient Preventive Care

At Memorial Hermann, we get it. You lead a busy life, and finding time to see the doctor isn't always easy. We also know that preventive care is an important part of living a long and healthy life. That's why we are here for you with a full range of convenient ways to take charge of your health. Our early detection and screening guide for women gives you the tools you need to stay healthy during each stage of life.

"I feel fine. Why should I see a doctor?"

Let's be honest...sometimes we don't put health and wellness at the top of the priority list. It can be tempting to put it off, but seeing your healthcare provider for regular health screenings is an important part of staying well. Early detection is the one of the best defenses against illness. Health screenings can help you and your provider identify health problems early, when treatments are most successful.

Get it done.

Our screening guide gives you the information you need to keep track of your preventive care and stay healthy. With Memorial Hermann's network of convenient locations, we make it easy to get the screenings you need, so you can get back to what matters most. Talk with your healthcare provider about which screenings are appropriate for you. Or, call or go online to find a Memorial Hermann provider.

Get in, get out, get back to your life.

For a healthcare provider referral, call 713.222.CARE (2273) or visit us at memorialhermann.org

Stay connected to your health

Log into your Everyday Well account or sign up at EverydayWell.com/SignUp. Take advantage of features that will keep you informed about your care. Download the Everyday Well app today.

If you need help creating your Everyday Well account or for any other Everyday Well questions, please call 713.222.CARE (2273).

EVERYDAYWELL



18-29 years

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> Anemia risk	Assessed annually	Hemoglobin/hematocrit checked based on risk
<input type="checkbox"/> Blood pressure	Every 3-5 years	Recheck annually if borderline, elevated or risk factors
<input type="checkbox"/> Cholesterol panel	Once between 17-21 years	Screen for at-risk women only
<input type="checkbox"/> Dental exam	Twice a year	
<input type="checkbox"/> Depression screen	Annually	
<input type="checkbox"/> Eye exam	If need exists	More frequently if problems arise
<input type="checkbox"/> General physical exam	Annually	
<input type="checkbox"/> HIV	Baseline	More often based on risk factors
<input type="checkbox"/> Immunizations/vaccines	Annual influenza, whooping cough once as an adult, tetanus every 10 years, HPV series complete before age 26	
<input type="checkbox"/> Mammography	Usually not necessary	Women at high risk may need genetic testing and early mammograms
<input type="checkbox"/> Obesity	Annual body mass index (BMI) assessment	
<input type="checkbox"/> Pap smear	Starting at age 21, every 3 years*	
<input type="checkbox"/> Skin	Self-examination on a regular basis, report concerns to a physician	Women at high risk may need regular skin checks from a dermatologist

* American College of Obstetricians and Gynecologists

30-49 years

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> Anemia risk	Assessed annually	Hemoglobin/hematocrit checked based on risk
<input type="checkbox"/> Blood pressure	Annually for ages 40 and older. Every 3-5 years, based on risk factors, ages 30-39.	
<input type="checkbox"/> Cholesterol panel	Not necessary if baseline is normal	For high-risk women, start screening at age 45
<input type="checkbox"/> Dental exam	Twice a year	
<input type="checkbox"/> Depression screen	Annually	
<input type="checkbox"/> Eye exam	If need exists	More frequently if problems arise
<input type="checkbox"/> General physical exam	Annually	
<input type="checkbox"/> HIV	Baseline	More often based on risk factors
<input type="checkbox"/> Immunizations/vaccines	Annual influenza, whooping cough once as an adult, tetanus every 10 years	
<input type="checkbox"/> Mammography	Annually, starting at age 40	Women at high risk may need genetic testing and early mammograms
<input type="checkbox"/> Obesity	Annual body mass index (BMI) assessment	
<input type="checkbox"/> Pap smear	Every 3 years*	After age 30, if HPV testing performed, every 5 years*
<input type="checkbox"/> Skin	Self-examination on a regular basis, report concerns to a physician	Women at high risk may need regular skin checks from a dermatologist
<input type="checkbox"/> STD screening	Usually not necessary	If risk factors present, need annual assessment

* American College of Obstetricians and Gynecologists

50-64 years

65 and over

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> Advanced health care directives	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> Cholesterol panel	Screening at age 45, then every 5 years	
<input type="checkbox"/> Colorectal cancer screening	Screening starts at age 50. Colonoscopy every 10 years, Cologuard® every 3 years OR stool occult blood test annually.	For high-risk individuals, screening is based on personal risk factors.
<input type="checkbox"/> Dental exam	Twice a year	
<input type="checkbox"/> Depression screen	Annually	
<input type="checkbox"/> Bone density scan	Not usually necessary until age 65	High-risk women may need osteoporosis screening earlier
<input type="checkbox"/> Eye exam	Every 2-4 years	More frequent if problems arise
<input type="checkbox"/> General physical exam, blood pressure and obesity	Annually	
<input type="checkbox"/> HIV and Hepatitis C	Baseline	More often based on risk factors
<input type="checkbox"/> Immunizations/ vaccines	Annual influenza, whooping cough once as adult, tetanus every 10 years and zoster after age 50	At-risk women need pneumonia (PPSV 23) vaccine earlier than age 65
<input type="checkbox"/> Lung cancer screening	Age 55-77, who are current smokers or have quit in the last 15 years, with a 30 pack-year or more smoking history and no signs or symptoms of lung cancer*	Low-dose CT scan can be performed
<input type="checkbox"/> Mammography	Start screening at age 40 and continue receiving annual mammograms**	
<input type="checkbox"/> Pap smear	Every 5 years, if HPV DNA testing performed***	Screening may stop at age 65
<input type="checkbox"/> Skin	Self-examination on regular basis, report concerns to physician	High-risk women may need regular skin checks from a dermatologist

HEALTH ACTIVITY	ACTIONS	COMMENTS
<input type="checkbox"/> Advanced health care directives	Addressed annually	Ongoing discussions necessary
<input type="checkbox"/> Cholesterol panel	Screen every 5 years until age 75	
<input type="checkbox"/> Colorectal cancer screening	Colonoscopy is repeated every 10 years if normal, OR Cologuard® every 3 years, stool occult blood testing repeats annually	Screening generally stops at age 75, however discuss with physician
<input type="checkbox"/> Dental exam	Twice a year	
<input type="checkbox"/> Depression screen	Annually	
<input type="checkbox"/> Bone density scan	Start at age 65, repeat every 2-5 years	Calcium and vitamin D supplements are recommended
<input type="checkbox"/> Eye exam	Every 1-2 years	More frequently if problems arise
<input type="checkbox"/> Fall risk	Annually	
<input type="checkbox"/> General physical exam, blood pressure and obesity	Annually	
<input type="checkbox"/> HIV and Hepatitis C	Baseline	More often based on risk factors
<input type="checkbox"/> Immunizations/ vaccines	Annual Influenza, whooping cough once as an adult, tetanus every 10 years, zoster after age 50, pneumonia (PCV 13) at age 65, pneumonia (PPSV 23) at age 66	At-risk individuals may require an earlier pneumonia vaccine at high-risk
<input type="checkbox"/> Lung cancer screening	Age 55-77, who are current smokers or have quit in the last 15 years, with a 30 pack-year or more smoking history and no signs or symptoms of lung cancer*	Low-dose CT scan can be performed
<input type="checkbox"/> Mammography	Annually**	
<input type="checkbox"/> Skin	Self-examination on regular basis, report concerns to physician	High-risk women may need regular skin checks from a dermatologist
<input type="checkbox"/> Urinary incontinence	Evaluate symptoms every 6 months	

* Centers for Medicare and Medicaid Services
 ** American College of Radiology
 *** United States Preventive Service Task Force

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 ** American College of Radiology