

# NWPC Adult Female Preventive Health Services

Please note that the services described below are only suggested screening recommendations. Please consult with your Practitioner at Northwest Primary Care to discuss which recommendations are right for you.

Screening Test	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
<b>General Health</b>				
Wellness exam, including height and weight	Every 1-3 years	Every 1-2 years	Yearly	
Diet and exercise	Every visit			
Thyroid test (TSH) <sup>1</sup>	Age 35	Every 5 years		
<b>Bone Health</b>				
Bone density test <sup>2</sup>			Discuss with your Practitioner	Start at age 65
Osteoporosis <sup>2</sup>	Discuss prevention			
<b>Breast Health</b>				
Mammogram <sup>3</sup>		Every 1-2 years	Yearly	Yearly (Discuss with your Practitioner)
<b>Colorectal Health</b>				
Colonoscopy <sup>3,4</sup>			Every 10 years	
Double contrast barium enema (DCBE) <sup>3,4</sup>			Every 5-10 years (if not having a colonoscopy)	
Fecal occult blood test <sup>3,4</sup>			Yearly	
Flexible sigmoidoscopy <sup>3,4</sup>			Every 5 years (if not having a colonoscopy)	
Rectal exam <sup>3,4</sup>	Discuss with your Practitioner		Every 5-10 years with each screening (sigmoidoscopy, DCBE or colonoscopy)	
<b>Counseling</b>				
Depression	As needed			
Drug and alcohol use	As needed			
Stress management	As needed			
Tobacco use cessation	As needed			
<b>Diabetes</b>				
Blood glucose test <sup>5</sup>	Discuss with your Practitioner	Starting at age 45, then every 3 years	Every 3 years	
<b>Eye and Ear Health</b>				
Complete eye exam <sup>6</sup>	At least once between the ages of 20-29 and at least twice between the ages of 30-39, or any time that you have a problem with your eye(s).	Every 2-4 years		
Hearing test <sup>7</sup>	Starting at age 18, then every 10 years	Every 10 years		

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<b>Heart Health</b>				
Blood pressure <sup>8</sup>	At least every 2 years			
Cholesterol <sup>9</sup>	Starting at age 20, then every 5 years	Every 5 years	Discuss with your Practitioner	
<b>Immunizations</b>				
Herpes zoster vaccine (to prevent shingles) <sup>10</sup>			Starting at age 60, one time only	
Human papillomavirus vaccine (HPV) <sup>11</sup>	Up to age 26 (discuss with your Practitioner)			
Influenza vaccine (flu) <sup>10</sup>	Discuss with your Practitioner		Yearly	
Meningococcal vaccine <sup>12</sup>	If attending college, discuss with your Practitioner			
Pneumococcal vaccine <sup>13</sup>	Discuss with your Practitioner <sup>13</sup>			Once at 65 years or older
Td/Tdap vaccine <sup>10</sup>	Every 10 years			
<b>Oral Health</b>				
Dental exam <sup>14</sup>	1-2 times every year			
<b>Reproductive Health</b>				
Cervical cancer screening <sup>15</sup>	All sexually-active females			Discuss with your Practitioner
Chlamydia test <sup>16</sup>	Yearly until age 25 if sexually active; older than age 25, get this test if you have new or multiple partners	Get this test if you have new or multiple partners		
Pelvic exam <sup>15</sup>	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years		Discuss with your Practitioner
STD tests <sup>17</sup>	Both partners should be tested for STDs (including HIV) before initiating sexual intercourse			

## Footnotes

- [1. American Thyroid Association Guidelines for Detection of Thyroid Dysfunction - Archives of Internal Medicine 2000;160:1573-1575](#)
- [2. U.S. Preventive Services Task Force - Screening for Osteoporosis and Postmenopausal Women: Recommendations and Rationale](#)
- [3. American Cancer Society - Guidelines for the Early Detection of Cancer](#)
- [4. Centers for Disease Control and Prevention - Colorectal Cancer Screening Guidelines](#)
- [5. American Diabetes Association - Checking Your Blood Glucose](#)
- [6. Foundation of the American Academy of Ophthalmology - Eye Exams](#)
- [7. American Speech-Language-Hearing Association - Hearing Screening \(Adults\)](#)
- [8. U.S. Preventive Services Task Force - Screening for High Blood Pressure](#)
- [9. American Heart Association - How to Get Your Cholesterol Tested](#)

# NWPC Adult Female Preventive Health Services

[10. Centers for Disease Control and Prevention - Recommended Adult Immunization Schedule](#)

[11. Adapted from: Centers for Disease Control and Prevention - HPV and HPV Vaccine](#)

[12. Centers for Disease Control and Prevention - Meningococcal Vaccination](#)

[13. Centers for Disease Control and Prevention - Who Needs to Be Vaccinated](#)

[14. American Dental Association - Oral Health Topics A-Z](#)

[15. American Cancer Society - Cervical Cancer: Prevention and Early Detection](#)

[16. U.S. Preventive Services Task Force - Screening for Chlamydial Infection](#)

[17. Centers for Disease Control and Prevention - Sexually Transmitted Disease Treatment Guidelines](#)