

A Woman's Screening Tests & Dates to Remember

Take this checklist with you to your doctor's office and fill it out when you have had any of the tests listed. Talk to your doctor about when you should have these tests next, and note the month and year in the right-hand column.

Also, talk to your doctor about which of the other tests listed you should have in the future, and when you need them.

	<i>Date of last screening:</i>	<i>I should schedule my next test for:</i>
MAMMOGRAM	___ / ___	___ / ___
PAP SMEAR	___ / ___	___ / ___
CHOLESTEROL	___ / ___	___ / ___
BLOOD PRESSURE	___ / ___	___ / ___
COLORECTAL CANCER	___ / ___	___ / ___
OSTEOPOROSIS	___ / ___	___ / ___
CHLAMYDIA	___ / ___	___ / ___

>> screening tests:

What You Need & When



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Screening tests, such as mammograms and Pap smears, can find diseases early when they are easier to treat. Some women need certain screening tests earlier, or more often, than others. Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

- Mammograms:** Have a mammogram every year starting at age 40. Pap Smears: Have a Pap smear every 1 to 3 years if you have been sexually active or are older than 21.
- Cholesterol Checks:** Have your cholesterol checked regularly starting at age 45. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
- Blood Pressure:** Have your blood pressure checked at least every 2 years.
- Colorectal Cancer Tests:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you.
- Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- Depression:** If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for 2 weeks straight, talk to your doctor about whether he or she can screen you for depression.
- Osteoporosis Tests:** Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are younger than 65 years, check with your healthcare provider to see if you carry risk factors that indicate an earlier screening.
- Chlamydia Tests and Tests for Other Sexually Transmitted Diseases:** Have a test for Chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor to see whether you should be tested. Also, talk to your doctor to see whether you should be tested for other sexually transmitted diseases.