

Health Screenings You Need



ORLANDO
HEALTH[®]

Women's
Institute

At Orlando Health Women's Institute, we are your partner in maintaining optimal health. We offer a comprehensive network of gynecologic services for women at every age and stage of life.

Preventive health screenings are the best way to detect health problems in their earliest stages – when they're most treatable. Immunizations also help protect you from various diseases. The following are general guidelines for healthy women. Your doctor may recommend other tests or vaccines based on your health and risk factors.

Please note that these are just guidelines; individual recommendations may vary based on health risks, family history or if clinically indicated.

Screening	Starting Age or Range	Frequency
General Health		
Annual check up	All ages	Every year
Thyroid-stimulating hormone (TSH) test	Any age if clinically applicable	Discuss with your doctor or nurse
Bone Health		
Bone density test	18-59	Dependent on risk factors
	65	Every year
Breast Health		
Breast self-exam	18	Monthly or as advised by your doctor (optional)
Clinical breast exam	20	Every 3 years
	40	Every year
Mammogram	Starting at age 35	Every year
Colorectal Health		
Flexible sigmoidoscopy	45	Every 5 years (if not having a colonoscopy)
Colonoscopy	45	Every 10 years
Double-contrast barium enema	50	Every 5 -10 years (if not having a colonoscopy or a sigmoidoscopy)
CT colonography (virtual colonoscopy)	50	Every 5 years
Fecal occult blood test	50	Every year
Rectal exam	Discuss with your doctor or nurse	
Diabetes		
Blood sugar test	45	Every 3 years
Eye and Ear Health		
Eye exam	20-29	At least once
	30-39	At least twice
	40	Baseline eye disease screening; follow-ups as recommended
	65	Every 1-2 years, plus glaucoma testing
Hearing test	18	Every year

Screenings (continued)

Screening	Starting Age or Range	Frequency
Heart Health		
Blood pressure test	18	At least every 2 years
	40	Every year
Cholesterol test	20	At least every 5 years
Mental Health		
Mental health screening	Any age	If you have felt "down," sad or hopeless, and have little interest or pleasure in doing things for two weeks straight, talk to your doctor about screening for depression.
Reproductive Health		
Well Women Exam with or without an STD test	18 or when sexually active	Every year
Pap test	21 or when sexually active	Every 3 years, or as directed by your physician
Pelvic exam	21	Every year
Skin Health		
Mole exam	20-39	Monthly mole self-exam, by a doctor every 3 years
	40	Monthly mole self-exam, by a doctor every year
Immunizations		
Flu vaccine	Starting at 6 months	Every year
Human papillomavirus (HPV) vaccine	Between the ages of 9 and 45	One time
Tetanus-diphtheria booster vaccine		Every 10 years
Pneumonia vaccine	65	At least once