



UNIVERSITY OF COLORADO  
HOSPITAL



Women's Integrated  
Services in Health

## Screening Packages

Age 40 is the time to maintain your good health and schedule a mammogram.

### WHAT YOU NEED

- First Mammogram (Every year after 40)
- Tetanus Booster (Every 10 years)
- Thyroid Test (Every 5 years, starting at age 35)
- Fasting Blood Sugar Test (Checking for diabetes)

# 40s

Age	41	42	43	44	45	46	47	48	49
Pap Smear – Every 3 Years (If last 3 were normal)			■			■			■
Annual Checkup w/Breast & Pelvic Exam (Looking for breast abnormalities or lumps that be cancerous)	■	■	■	■	■	■	■	■	■
Annual Blood Pressure Check (Looking for signs of heart disease)	■	■	■	■	■	■	■	■	■
Oral Health – Dental/Oral Exam (1-2 times every year)	■	■	■	■	■	■	■	■	■
Skin Health (Yearly by a health care provider)	■	■	■	■	■	■	■	■	■
Mammogram (Every 1-2 years; discuss with your health care provider)		■		■		■		■	
Cholesterol/Lipid Panel (Every 3 years) (Screening for high cholesterol that increases the risk of heart attack & stroke)			■			■			■
Eye and Ear Health (Every 2 years)	■		■		■		■		■
Thyroid Screening (Every 3-5 years) (Looking for signs of hypertension, etc.)			■			■			■
Tetanus/Diphtheria Booster Vaccine (Every 10 years)	■								
General Health (Full check-up including weight & height), Cancer Screening, Mental Health (Depression Screening), Health Behavior Assessment, Bone Health, Diabetes, Immunizations (Influenza vaccine)	Discuss with your health care provider								

8/06