

Table 4

Guidelines for Preventive Care in Women¹⁹⁻²³

Breast Cancer: annual clinical breast exams; mammograms starting at age 40* (biennial until age 50, then annual)

Colon Cancer: starting at age 50, annual fecal occult blood testing, digital rectal exams at each screening visit, and colonoscopy every 10 years**

Cervical Cancer: Pap smear every 1 to 3 years, according to risk

Heart Disease: annual blood pressure screening; lipid profile every 5 years starting at age 45

Diabetes: fasting blood sugar every 3 to 5 years starting at age 45

Thyroid Function: thyroid-stimulating hormone at age 35, then every 5 years

* Screen should begin 5 years prior to onset of disease in first-degree relative.

** Guidelines vary according to risk factor.