

WOMEN'S HEALTH WELLNESS

WHERE DO **YOU** FIT IN?

AGES

13-18

19-39

40-64

65+

Women's health wellness assessments provide an opportunity for physicians to counsel patients about preventive care. These assessments may include laboratory screening, evaluation, and counseling at varying intervals.¹

Current guidelines provide screening and testing recommendations based on age and risk factors, and serve as a framework of care for the obstetrician, gynecologist, and others providing health care for women which should be individualized to meet the needs of each patient.¹

*ACOG defines "high-risk" as family history, lifestyle, weight, ethnicity, sexually active, and born in country with high prevalence.

Periodic Screening

Chlamydia and gonorrhea testing (if 24 years and younger and sexually active)^{1,2,3}

Human immunodeficiency virus (HIV) testing (if sexually active)^{1,2,3}

High-risk Groups*

Colorectal cancer screening¹
 Cholesterol (Lipid testing)^{1,3}
 Diabetes testing^{1,3}
 Genetic testing¹
 Hemoglobin level assessment¹
 Hepatitis B virus testing¹
 Hepatitis C virus testing^{1,3}
 Human immunodeficiency virus (HIV) testing¹
 Sexually transmitted infection testing¹
 Syphilis^{2,3}
 Tuberculosis testing¹

Periodic Screening

Cervical cytology^{1,2,3}

Age 21-29: Screen every 3 years cytology alone

Age 30 and older:
 Preferred – Co-test cytology and HPV screening every 5 years¹
 Option – Screen with cytology alone every 3 years¹

Chlamydia and Gonorrhea test (if 24 years and younger and sexually active)¹

Genetic testing/counseling: SMA, CF and assessment for risk of hemoglobinopathy (for women considering pregnancy)¹

Human immunodeficiency virus (HIV) testing (if sexually active)^{1,2,3}

High-risk Groups*

Colorectal cancer screening¹
 Cholesterol (Lipid testing)^{1,3}
 Diabetes testing^{1,3}
 Genetic testing/counseling¹
 (Fragile x, Tay-Sachs disease)
 Hemoglobin level assessment¹
 Hepatitis C virus testing^{1,3}
 Sexually transmitted infection testing¹
 Syphilis^{2,3}
 Thyroid stimulating hormone testing¹
 Tuberculosis testing¹

Periodic Screening

Colorectal cancer screening beginning at age 50*^{1,2,3}

Fecal occult blood test: every year¹

Cervical cytology 40-64: Preferred – Co-test cytology and HPV screening every 5 years¹
 Option – Screen with cytology alone every 3 years¹

Cholesterol (Lipid testing)^{1,3}

Diabetes testing at age 45**¹: if normal repeat every 3 years^{1,2,3}

Genetic testing/counseling: SMA, CF and assessment for risk of hemoglobinopathy (for women considering pregnancy)

Hepatitis C virus one-time testing if born 1945-1965^{1,2,3}

Human immunodeficiency virus (HIV) testing (if sexually active)^{1,2,3}

High-risk Groups*

Bone mineral density screening¹
 Colorectal cancer screening
 Diabetes testing¹
 Genetic testing/counseling (Fragile X, Tay-Sachs disease)¹
 Hemoglobin level assessment¹
 Sexually transmitted infection testing¹
 Syphilis^{2,3}
 Thyroid stimulating hormone testing¹
 Tuberculosis testing¹

*Colorectal cancer screening for African American women should begin at age 45¹
 **Begin at age 40 if overweight or obese²

Periodic Screening

Colorectal cancer screening up to age 75, then aged 76-85 (based on patient's overall health and prior screening)^{1,2,3}

Fecal occult blood test: every year¹

Bone mineral density screening (every 2 years with no new risk factors)¹

Cervical cytology age 65: Preferred – Co-test cytology and HPV screening every 5 years¹
 Option – Screen with cytology alone every 3 years¹

Age 66 and older: Discontinue in women with evidence of adequate negative prior screening test results and no history of CIN 2 or higher^{1,2,3}

Cholesterol (Lipid testing)^{1,3}

Diabetes testing (every 3 years)^{1,2,3}

Hepatitis C virus one-time testing if born 1945-1965^{1,2,3}

Thyroid Stimulating Hormone testing (every 5 years)¹

Urinalysis¹

Age 75 stop routine screening supported by ACOG¹

High-risk Groups*

Hemoglobin level assessment¹
 Human immunodeficiency virus (HIV) testing^{1,3}
 Sexually transmitted infection testing¹
 Syphilis^{2,3}
 Thyroid stimulating hormone testing¹
 Tuberculosis testing¹

