

# A Woman's Body: Through the Ages

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**Baptist**  
HEALTH SYSTEMS

AGES

**20-  
39**

## Checkups & Screenings

- **General Physical Exam**  
Every 1 to 3 years
- **Blood Tests & Urinalysis**  
Every 1 to 5 years
- **Breast Exam**  
Monthly self-exam
- **Pelvic Exam & Pap Smear**  
Pelvic every 1-3 years
- **Immunizations**  
Influenza: Every year  
Pneumonia: See physician  
Tetanus: Every 10 years  
HPV Vaccine: Ages 11-26
- **Bone Density Evaluation**  
See physician
- **Skin Self-Exam**  
Monthly self-exam/see physician

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**40-  
49**

## Checkups & Screenings

- **General Physical Exam**  
Every year
- **Blood Tests & Urinalysis**  
Every 1 to 5 years
- **Breast Exam**  
Monthly self-exam
- **Mammogram**  
Yearly
- **Pelvic Exam & Pap Smear**  
Pelvic every 1-3 years
- **Diabetes**  
Fasting glucose test at age 45  
Every 3 years with normal results
- **Immunizations**  
Influenza: Every year  
Pneumonia: See physician  
Tetanus: Every 10 years
- **Bone Density Evaluation**  
See physician
- **Skin Self-Exam**  
Monthly self-exam/see physician

AGES

**50  
+**

## Checkups & Screenings

- **General Physical Exam**  
Every year
- **Blood Tests & Urinalysis**  
Every 1 to 5 years
- **Breast Exam**  
Monthly self-exam
- **Mammogram**  
Yearly
- **Pelvic Exam & Pap Smear**  
Pelvic every 1-3 years
- **Colonoscopy**  
At 50, then every 5-10 years
- **Rectal Exam**  
Every year
- **Hemoccult**  
Every year
- **Diabetes**  
Every 3 years with normal results
- **Immunizations**  
Influenza: Every year  
Pneumonia: See physician  
Shingles: See physician  
Tetanus: Every 10 years
- **Bone Density Evaluation**  
Begin at age 65
- **Skin Self-Exam**  
Monthly self-exam/see physician

**General Physical Exam:** Review overall health status and discuss health related topics

**Blood Tests & Urinalysis:** Screens for various illnesses and conditions (anemia, high cholesterol, diabetes, kidney) before symptoms occur

**Breast Exam:** To find abnormal lumps in their earliest stages

**Mammogram:** X-ray of the breast to detect breast disease

**Pelvic Exam & Pap Smear:** Examination of the female genitalia with laboratory analysis to detect cancerous and precancerous cells of the cervix

**Cardiovascular:** Discuss your cardiovascular health including blood pressure and cholesterol and how other risk factors affect your heart health with your physician regularly.

**Immunizations:** Vaccine inoculation

**Colonoscopy:** Flexible scope that examines the rectum, sigmoid and descending colon for cancer. It also detects polyps, which are benign growths that can progress to cancer if not found early.

**Rectal Exam:** Screens for hemorrhoids, lower rectal problems, and colon cancer.

**Hemoccult:** Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer

**Diabetes:** A disease where high levels of glucose accumulate in the blood and testing should be done by your physician

**Bone Density Evaluation:** Bone mineral density scan estimates the strength of your bones and is done under the supervision of your physician

**Skin Self-Exam:** To look for signs of changing moles, freckles, or early skin cancer

**Oral Health:** Screens for oral cancer.