

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

AGES

**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.