

Because You're

Everything to Everyone

Let Us Take Care of You



**HUGULEY MEMORIAL
MEDICAL CENTER**

Women's Calendar

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
General Health: Full Checkup, including weight and height	Discuss with your physician about how often and what you should screen	Discuss with your physician about how often and what you should screen	Discuss with your physician about how often and what you should screen	Discuss with your physician about how often and what you should screen
Thyroid Test (TSH)	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Heart Health: Blood Pressure Test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol Test	Start at age 20, if you smoke, have diabetes, or if heart disease runs in your family	Have your cholesterol checked regularly starting at age 45	Discuss with your physician	Discuss with your physician
Bone Health: Bone Mineral Density Test		Discuss with your physician	If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your physician about whether you should be tested	Get a bone mineral density test at least once a year.
Diabetes: Blood Sugar Test	Discuss with your physician	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health: Mammogram (x-ray of breast)	Have your initial mammogram at age 35. Discuss with your physician	Annually beginning at age 40. Discuss with your physician	Yearly	Yearly
Breast Self Exam	Monthly	Monthly	Monthly	Monthly
Reproductive Health: Pap Test and Pelvic Exam	Every 1-3 years if you have been sexually active or are over 21	Every 1-3 years	Every 1-3 years	Discuss with your physician
Chlamydia Test	If sexually active, yearly until age 25. Ages 26-39, if you are at high risk for chlamydia or other STDs, you may need this test.	If you are at a high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at a high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.	If you are at a high risk for chlamydia or other sexually transmitted diseases (STDs) you may need this test.
Sexually Transmitted Disease (STD) Tests	Both partners should get tested for STDs including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs including HIV, before initiating sexual intercourse.
Human Papillomavirus (HPV) Vaccine	One time only. Series of 3 shots over a six-month period. Can begin at age 9			
Human Papillomavirus (HPV) Screening	Yearly. Discuss with your physician	Yearly. Discuss with your physician	Yearly. Discuss with your physician	Yearly. Discuss with your physician
Colorectal Health: Fecal Occult Blood Test			Yearly	Yearly
Flexible Sigmoidoscopy (with fecal occult blood test is preferred)			Every 5 years (if not having a colonoscopy)	Every 5 years (if not having a colonoscopy)
Double Contrast Barium Enema (DCBE)			Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)	Every 5-10 years (if not having a colonoscopy or sigmoidoscopy)

Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65 and Older
Colonoscopy			Every 10 years	Every 10 years
Rectal Exam	Discuss with your physician	Discuss with your physician	Every 5-10 years with each screening sigmoidoscopy, colonoscopy, or DCBE)	Every 5-10 years with each screening sigmoidoscopy, colonoscopy, or DCBE)
Eye and Ear Health: Eye Exam	Get your eyes checked if you have problems or visual changes.	Every 2-4 years	Every 2-4 years	Every 1-2 years
Hearing Test	Starting at age 18, then every 10 years	Every 10 years	Discuss with your physician	Discuss with your physician
Skin Health: Mole Exam	Monthly mole self-exam; by a physician every 3 years, starting at age 20	Monthly mole self-exam; by a physician every year	Monthly mole self-exam; by a physician every year	Monthly mole self-exam; by a physician every year
Oral Health: Dental Exam	One to two times every year	One to two times every year	One to two times every year	One to two times every year
Mental Health Screening:	If you've felt "down," sad, or hopeless, and have felt little interest in doing things for 2 weeks straight, talk to your physician about whether he/she can screen you for depression.	If you've felt "down," sad, or hopeless, and have felt little interest in doing things for 2 weeks straight, talk to your physician about whether he/she can screen you for depression.	If you've felt "down," sad, or hopeless, and have felt little interest in doing things for 2 weeks straight, talk to your physician about whether he/she can screen you for depression.	If you've felt "down," sad, or hopeless, and have felt little interest in doing things for 2 weeks straight, talk to your physician about whether he/she can screen you for depression.
Immunizations: Influenza Vaccine	Discuss with your physician			Yearly
Pneumococcal Vaccine				One time only
Tetanus-Diphtheria Booster Vaccine		Every 10 years	Every 10 years	Every 10 years

Mammograms and Bone Density Tests

Huguley Imaging Center
817-568-5460

In need of a physician?

Call our Physician Referral Service
817-551-2743

Mental Health Screenings

Huguley Behavioral Health
817-568-5950

Diabetes Education

Diabetes Management
817-551-2706

Nutritional Counseling

Huguley Nutrition Services
817-551-2593

Physical Health Services

Huguley Fitness Center
817-568-3131

LAB TESTS FOR PREGNANT MOMS: Your physician will discuss what prenatal laboratory tests are needed based on your age and current health. In most cases, you can expect to complete these lab tests:

Prenatal tests for anemia, blood type and antibodies
Ultrasound examinations, as required
FP blood test (16-18 weeks)

One-hour glucose test (24-28 weeks)
RhoGAM injection if you are Rh(-) (28 weeks)

Huguley Memorial Medical Center offers a full range of services for women at every stage of life. From 4-D ultrasound for expectant mothers to menopause counseling, we can help you get connected with the right resource at the right time. For easy access to dozens of services close to home or if you are unsure of what service might best meet your needs, please call us at 817-293-9110 or visit our website at www.huguley.org.

The information in this fact sheet is based on research from the U.S. Department of Health and Human Services (HHS) and the U.S. Preventive Services Task Force (USPSTF), the leading independent panel of private-sector experts in prevention and primary care.