


The Center for Women
Obstetrics & Gynecology

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Recommended Health Screenings for Women

Screening Test	Ages 18-39 years	Ages 40-49 years	Ages 50-65 years	Ages 65+
General Check Up Including height; weight; blood pressure; neck adenopathy; thyroid; breasts; abdomen; pelvic exam; and skin	Yearly	Yearly	Yearly	Yearly
Pap	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)	1-3 years after 3 normal tests unless high risk (at physician's direction)
STD's/Chlamydia	If high risk	If high risk	If high risk	If high risk
Mammography		Every 1-2 years, discuss with physician	Yearly	Yearly
Bone Density		Discuss with physician	Discuss with physician	Discuss with physician
Cholesterol/Lipids	Starting at age 20, then every 5 years	Every 5 years	Every 5 years	Every 5 years
Blood Sugar		Starting at age 45, then every 3 years	Every 3 years	Every 3 years
Colorectal		Yearly fecal occult blood test	Yearly fecal occult blood testing; colonoscopy every 10 years beginning at age 50	Yearly fecal occult blood testing; colonoscopy every 10 years
Thyroid	Every 5 years after age 35 years	Every 5 years	Every 5 years	Every 5 years