

Health Screening Guidelines, Women Ages 50 to 64



Screening tests are key to managing your health. A screening test is done to find problems in people who don't have any symptoms. Screening tests are not used to diagnose. They are used to find out if more testing is needed. The goal may be to find a disease early so it can be treated with more success. Or the goal may be to find a disease early so you can make lifestyle changes.

Below are guidelines for women ages 50 to 64. Work with your healthcare provider. Make sure you're up-to-date on what you need.

Screening	Who needs it	How often
Type 2 diabetes or prediabetes	All women in this age group who are overweight or obese, or had gestational diabetes	At least every 3 years
Type 2 diabetes	All women with prediabetes	Every year
Unhealthy alcohol use	All women in this age group	At routine exams
Blood pressure	All women in this age group	Once a year if your blood pressure is normal. Normal blood pressure is less than 120/80 mm Hg. If your blood pressure is higher than this, follow the advice of your healthcare provider.
Breast cancer	All women in this age group at average risk. Expert groups vary on their advice so talk with your provider about your specific situation.	<p>A mammogram is advised every 1 or 2 years. Talk with your provider about your risk factors. Ask how often you need one.</p> <ul style="list-style-type: none"> The U.S. Preventive Services Task Force advises a mammogram every 2 years starting at age 40. The American Cancer Society advises yearly mammograms for women through ages 45 to 54 and mammograms every 1 to 2 years for women ages 55 and older.
Cervical cancer	All women in this age group, unless they have had a complete hysterectomy	<p>All women should know how their breasts normally look and feel. They should know the benefits and risks of breast cancer screening with mammograms.</p> <p>Primary HPV test every 5 years, a co-test (an HPV test with a Pap test) every 5 years, or a Pap test every 3 years. Talk with your healthcare provider about your risks and whether you need screening more often.</p>
Chlamydia	Women who are sexually active and at higher risk of infection	At yearly routine exams
Colorectal cancer	All women in this age group at average risk	<p>Talk with your healthcare provider about which test below is right for you:</p> <ul style="list-style-type: none"> Flexible sigmoidoscopy every 5 years Colonoscopy every 10 years CT colonography (virtual colonoscopy) every 5 years Yearly fecal occult blood test Yearly fecal immunochemical test (FIT) Stool DNA with FIT test every 3 years

		<p>If you have a test that is not a colonoscopy and have an abnormal test result, you will need a colonoscopy.</p> <p>You may need to be screened more or less often. This is based on personal or family health history. Talk with your healthcare provider.</p>
Depression	All adults	At routine exams, including, all pregnant and postpartum women
Gonorrhea	Sexually active women who are at higher risk of infection	At yearly routine exams
Hepatitis C	All adults	At routine exams
		<ul style="list-style-type: none"> At least every 5 years up to age 55. Women ages 55 to 65 should be screened every 1 to 2 years.
High cholesterol or triglycerides	All adults	<p>Talk with your healthcare provider about your risk and how often to get screened.</p> <p>At least once between the ages of 13 and 64. Women at ongoing risk should be screened more often. Talk with your healthcare provider about your risk and how often to be screened.</p>
HIV	All adults	
	All women in this age group who are in fairly good health, are at higher risk for lung cancer, and who:	
	<ul style="list-style-type: none"> Smoke or used to smoke Have a 20-pack- per year smoking history (1 pack a day for 20 years or 2 packs a day for 10 years) 	Yearly lung cancer screening with a low-dose CT scan (LDCT). Talk with your healthcare provider.
Lung cancer		
	Expert groups vary in their advice. Talk with your healthcare provider.	
Obesity	All adults	At routine exams
Osteoporosis	Women who are postmenopausal	Talk with your healthcare provider.
Syphilis	Women who are at higher risk of infection.	Talk with your healthcare provider.
Tuberculosis	Women who are at higher risk of infection	Talk with your healthcare provider.
Vision	All adults	At least every 1 to 2 years or as directed by your healthcare provider.

Health counseling	Who needs it	How often
BRCA gene mutation testing for breast and ovarian cancer susceptibility	Women who are at higher risk of having this gene mutation. Talk with your healthcare provider.	When your risk is known
Breast cancer and chemoprevention	Women who are at high risk for breast cancer. Talk with your healthcare provider.	When your risk is known
Diet and exercise	Women who are overweight or obese	When diagnosed, and then at routine exams
Sexually transmitted infection (STI) prevention	Women who are at higher risk of infection. Talk with your healthcare provider.	At routine exams
Use of tobacco and the health effects it can cause	All adults	Every exam

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