

Health Maintenance Checklist for Women

Here is a guide on health maintenance for women so that gorgeous body of yours serves you for a long time to come. You generally don't even incur a co-pay for these tests.



1. *Vital Signs*

Blood pressure readings over 140/90 is high blood pressure. Normal heart rate is anywhere between 60 and 100.

Check your vital signs annually. You can get your blood pressure done for free at the drug store.



2. *Vision*

An eye exam every 2 years by an optometrist is advised.



3. *Dental*

Teeth cleaning by a dental hygienist every 6 months (if possible).



4. *Mammograms*

For women without a family history of breast cancer, 2 - 3 mammograms in the fourth decade and then ramping up to every year to every 2 years after age 50 is reasonable.



5. *Pap Smears*

Get pap smears with HPV testing every 3 years. You should still get a pelvic exam every year.



6. *Colonoscopy*

Start at age 50, then every 10 years thereafter.



7. *Lab Tests*

The recommended screening lab tests are; blood sugar, cholesterol, blood count, liver, kidney & thyroid blood tests.

Every 2-3 years if less than 50 is ideal. Every year if 50 and over.



8. *Vaccinations*

Tetanus & pertussis (whooping cough) vaccine every 10 years

Flu vaccine every year

Pneumonia vaccine is recommended every 5 years till age 65 for people with asthma, diabetes or current smokers.

Disclaimer

You could be placed on a different health maintenance schedule other than what is stated above based on your medical problems.