



WOMEN'S HEALTH: RECOMMENDED SCREENING SCHEDULE

Following is a recommended screening schedule for women, courtesy of New West Physicians. Please note that individual screening schedules may vary depending on family history, overall health and other factors. New West Physicians recommends partnering with a primary care physician to determine the best personal health plan.

Physical Exams

Age 18-40: Every three years

Age 40-50: Every two years

Age 50 and up: Every year

Lipid Panel (Cholesterol Screening)

Prior to age 18: One time

Age 18 and up: Every three years if results are within normal range (under 200)

Pap Smear (Cervical Cancer Screening)

Age 21 or three years after the start of vaginal intercourse: Every year

Age 30: Every three years if results are normal

Breast Cancer Screening

Age 20 and up: Monthly breast self-exams

Age 40 and up with no family history: Mammograms every year

High risk patients: Based upon individual discussion with their physician

Colorectal Cancer Screening

Option 1: Fecal Occult Blood (FOB) Screening

Age 40 and up with a family history of colon cancer: Every year

Age 50 and up: Every year

Option 2: Flexible Sigmoidoscopy and FOB

Age 40 and up with a family history of colon cancer: Flexible Sigmoidoscopy every five years with annual FOB

Age 50 and up with no family history: Flexible Sigmoidoscopy every five years with annual FOB

Option 3: Colonoscopy or Virtual Colonoscopy

Age 40 and up with family history of colon cancer: Every 10 years

Age 50 and up with no family history of colon cancer: Every 10 years

Fasting Blood Glucose (Diabetes Screening)

Age 18 and up: Every three years if results are within normal range

Blood Pressure (Hypertension Screening)

Every year for all

Osteoporosis Screening

Once at age 65 or after the onset of menopause if additional risk factors present

Immunizations

Tetanus: Every 10 years

Human Papilloma Virus (HPV): Up to age 26 without prior vaccination

Meningitis: College freshman living in dormitories

Shingles: Age 60 and up

Pneumonia: Once over age 65 OR age 19-64 with diabetes, heart disease, or underlying lung or liver conditions

Flu: Age 65 and up OR those with underlying lung disease or other serious medical condition: Every year

Hepatitis A: Travel to high-risk areas

About New West Physicians

New West Physicians is a primary care group practice and medical management company with 50 physicians and five mid-level practitioners at 15 office locations that serve more than 200,000 patients in the Denver metro area. Within this group of professionals, 31 are family practice physicians and 19 practice internal medicine. For additional information and office locations, please visit

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