

Key Medical Tests for Women: 40s and 50s

Make these tests a must, and discuss them with your doctor, who may recommend additional screenings depending on your individual risk factors.

type of test	frequency
Dental cleaning and exam	Every six months
Eye exam	Annually
Pelvic exam and Pap smear	Annually for pelvic; every one to three years for Pap; more after an abnormal Pap
HPV test	Every three years beginning at 30
STD test	After sexually active; frequency according to risk
Clinical breast exam	Every three years
Self breast exam	Monthly
Cholesterol test*	Every five years starting at 20
Blood pressure	Annually
Self skin exam to check for changing moles or freckles	Monthly
Clinical skin exam	Annually (as part of a regular checkup)
Thyroid test	Every five years beginning at 35
Vitamin D	Every one to three years

* Total cholesterol, LDLs and HDLs , and triglycerides