

Key Medical Tests for Women: 20s and 30s

Key tests 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
Self breast exam	Monthly
Mammogram and clinical breast exam	Annually
Pap smear and pelvic exam	Every one to three years; more after an abnormal Pap
Full cholesterol panel*	Every five years
Blood pressure	Annually
Thyroid tests	Every five years
Glucose tolerance test (to screen for diabetes)	Every three years
Fecal occult blood test (to check for blood in stool)	Annually
Flexible sigmoidoscopy	Every five years
Colonoscopy	Every 10 years
Bone density (DEXA)	Every two years
Self skin exam to check for changing moles or freckles	Monthly
Clinical skin exam	Annually (as part of a regular checkup)
Vitamin D	Every one to three years

*Total cholesterol, LDLs and HDLs, triglycerides, and high sensitivity C-reactive protein