



# Health Maintenance Guidelines for Women

## Breast Cancer Screening

### Mammograms

For women ages 40 and over

*Frequency – Annually*

For women between ages 50-69

*Frequency - Every 2 years*

### Physician Breast Exam

For women ages 40 and over

*Frequency – Annually*

### Breast Self-Exams (after instruction)

For women ages 20 and over

*Frequency – Monthly*

## Cervical Cancer Screening

### Pap Smear

Women should be tested starting at age 21 to 69 or three years after the onset sexual activity.

*Frequency – Every 3 years*

*Women who never had sexual experience are exempted.*

## Cholesterol Screening

### Lipid Panel, including LDL

For women beginning at age 20 (average risk)

*Frequency – Repeat every 5 years if test is normal, or more often, depending on results and Cardiac Risk Profile*

## Colorectal Cancer Screening

### Occult Blood Test

For women ages 50 and over

*Frequency – Annually*

## Diabetes Screening

### Fasting plasma glucose (preferred) or random plasma glucose

For women ages 40 and over

*Frequency – Every 1-2 years*

## Hypertension Screening

### Blood Pressure Measurement

For women of all ages

*Frequency – Every 1-2 years*

## Immunizations

### Human Papilloma Virus (HPV) Vaccine (Gardasil/Cervarix – for Cervical Cancer)

For all females between ages 11 and 26

*Frequency – One series of 3 vaccines*

### Influenza (for Flu)

*Frequency – Annually, in order of priority, for:*

1. women at high risk due to diabetes, or heart, lung, kidney or immune system disease
2. women age 50 and over
3. women who desire immunization, regardless of age

### Pneumococcal (for Pneumonia)

All women age 65 and over

*Frequency – One time only*

For women at high risk due to diabetes, cancer, or heart, lung or immune system disease

*Frequency – Initial vaccination, followed by one revaccination 5 years later*

**Other vaccines to consider:**  
**Diphtheria/Tetanus/Pertussis**  
**Hepatitis A**  
**Hepatitis B**  
**Varicella Zoster (Chickenpox)**

## Osteoporosis Screening

### DEXA Scanning (Bone-Density Testing)

For women ages 65 and over, and after menopause in women with additional risk factors

## Sexually Transmitted Disease Screening

STD screening is individualized for women.

Ask your physician which tests are recommended for you, and when.

## Education And Counseling

### For all Adult and Adolescent Females

- Safe Sex Practices
- Nutrition and Exercise

### For women entering, during, or after menopause

- Hormone Replacement counseling
- Osteoporosis Prevention

## Please Note

The following guidelines apply to healthy women in the general population. The right plan for your care may differ based on your personal preferences, medical history, family history, and lifestyle. You and your physician should work together to develop a specific preventive screening plan for you.

For more information, call our clinic at 67940217.

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