

Top 5 life-saving health care screening tests every woman needs

| Screening Test | Age 18 - 39 | Ages 40 - 49 | Ages 50 - 74 | Ages 75 and over |
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| Breast Health (Ontario Breast Screening Guidelines) | <ul style="list-style-type: none"> • Be aware of any changes in your breasts, if you find changes go to your health care provider • Annual physical breast exam by a trained health care provider | | | |
| | | Discuss need for mammogram with your health care provider | Mammogram every two years or as often as recommended by your health care provider | Discuss need for mammogram with your health care provider |
| Cervical Health (Ontario Cervical Screening Program Guidelines) | <ul style="list-style-type: none"> • If you are, or have ever been sexually active, you should be screened through Pap testing • If you have normal tests three years in a row, you will need a Pap test every two to three years • If you have not been screened for more than five years you will still need an annual Pap test until there are three consecutive negative tests | | | |
| | | | Screening may be stopped after age 70 if there is adequate normal screening in the previous 10 years | |
| Colorectal Health (ColonCancerCheck Program Guidelines) | If at increased risk (e.g., history of polyps, familial cancers, ulcerative colitis, Crohn's disease) or for more risk groups and information check www.coloncancercheck.ca | | Fecal Occult Blood Test (FOBT) at least every two years | Discuss need for FOBT with your health care provider |
| Diabetes | If at increased risk (e.g., history of diabetes, heart disease, being overweight) or for more risk groups and information check www.diabetes.ca | Blood Sugar Test every three years | | |
| Heart Health | <ul style="list-style-type: none"> • Discuss having blood cholesterol levels checked with your health care provider • Check your blood pressure at least every two years | | | |

For more information on health care screening tests for women, or to speak with a Public Health Nurse, please contact York Region, *Health Connection* at 1-800-361-5653

