



Health checks for women

Regular health checks assist in the early detection of disease or illness and are an important part of staying well. The health checks recommended here relate to your age and stage of life. If you are at higher risk of any condition due to a family history or your medical profile, you will need a personalised health check plan developed in consultation with your health professional.

| | Sexual health screening | Cervical cancer screening | Skin check | Breast cancer screening | Bone health screening | Bowel cancer screening |
|-------------|--|---|--|--|--|---|
| AGE 19 - 39 | Sexually transmissible infection (STI) check for sexually active women. | Every 5 years starting at age 25, if results are normal.* | Monitor your skin, particularly for changes in the size, shape or colour of spots, or anything unusual such as pain or sensation. Talk to your doctor about what to do next. | Get to know the normal look and feel of your breasts. | | |
| AGE 40 - 49 | Sexually transmissible infection (STI) check for women with a new partner. | Every 5 years if results are normal. | Monitor your skin, particularly for changes in the size, shape or colour of spots, or anything unusual such as pain or sensation. Talk to your doctor about what to do next. | Get to know the normal look and feel of your breasts. Ask your doctor if screening might be recommended for you. | Talk to your doctor about your risk of osteoporosis (bone thinning) and ways to maintain strong bones. | |
| AGE 50 - 70 | Sexually transmissible infection (STI) check for women with a new partner. | Every 5 years if results are normal. | Monitor your skin, particularly for changes in the size, shape or colour of spots, or anything unusual such as pain or sensation. Talk to your doctor about what to do next. | Every 2 years for women aged 50–74 years. Contact Breast Screen Australia on 132 050 to find a location near you. | Talk to your doctor about your risk of osteoporosis (bone thinning) and ways to maintain strong bones. After menopause, women are at increased risk of osteoporosis. If you have a higher risk of osteoporosis, your doctor may suggest a bone density scan (DXA). | Every 2 years for women aged 50–74 years. |
| AGE 71+ | Sexually transmissible infection (STI) check for women with a new partner. | Those aged 70–74 will be invited to have an exit test. | Monitor your skin, particularly for changes in the size, shape or colour of spots, or anything unusual such as pain or sensation. Talk to your doctor about what to do next. | Every 2 years for women aged 50–74 years. For women aged 75+, ask your doctor if screening is recommended for you. | Women are at increased risk of osteoporosis. If you are at risk of osteoporosis, your doctor will suggest a bone density scan (DXA). | Every 2 years for women aged 50–74 years. For women aged 75+ years, ask your doctor if screening is recommended for you. |

* Under the new national Cervical Screening Program (replacing the Pap smear), testing now starts at age 25.

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General wellness & heart health checks

Other important factors that affect your health

Mental health

If you are experiencing symptoms such as intense sadness, irritability, fatigue or anxiety, or changes to your eating or sleeping habits, see your doctor to discuss these symptoms as soon as you can.

Intimate partner violence

This is one of the biggest influences on women's health. For confidential information, counselling and support, please call 1800 RESPECT (1800 737 732).

Fertility/pregnancy

It is ideal to be as healthy as possible before becoming pregnant. A pre-pregnancy health check is a good idea to assess factors such as your immunisation status and general health.

Immunisations

Check that your vaccinations are up to date, including a yearly influenza vaccine, any required travel vaccines and a pneumonia vaccine at 65 years, and talk to your doctor about a shingles vaccine.



Blood pressure check

Every 2 years after you turn 18



Cholesterol check

Every 5 years after the age of 45*



Diabetes check

Blood sugars every 3 years after you turn 40*



Weight check

Every 1 to 2 years

*Or more often if at higher risk.

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 Women's Health Week

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