

HEALTH CHECKS FOR WOMEN



PLATINUM
HEALTH

Regular woman health check-ups are an essential part of maintaining good health. By getting regular check-ups, you can detect and treat health issues early on, prevent health issues from developing in the first place, and have peace of mind knowing that you are in good health.

Platinum Health recommends the following health-checks for women:

Blood pressure screening

- from age 18, every 2 years

Blood glucose test

- from age 20 with every consultation

Cholesterol check

- from age 20, every 5 years

Cervical Cancer screening

- 21 to 29 years old, start getting Pap tests at age 21, repeat every 3 years (unless otherwise indicated by your doctor)
- 30 to 65 years old, begin co-testing (Pap test combined with HPV test) every 5 years, or get a Pap test every 3 years (discuss your options with your doctor)
- 65+ years old, stop screening if you have had normal results for several years

Pap smear and Pelvic exam

- from age 21, every 3 years

Mammogram

- from age 40, every 2 years

Breast exams

- from puberty conduct breast self-examination every month 3 to 5 days after your periods

Bone density screen

- test at age 65

Colon cancer screening

- from age 50

Body mass index

- annually

Dental check-up and cleanings

- twice-yearly



If you have any health concerns, consult with your nearest Platinum Health Healthcare Provider for guidance.