

# GYNECOLOGICAL HEALTH SCREENING CHART AND IMMUNIZATION TOOL

SCREENING / IMMUNIZATION	WHY IT'S DONE	TIMING / FREQUENCY
CLINICAL BREAST EXAM (CBE)	To find a lump or change in the breast that might indicate a problem, such as breast cancer. To check for other breast problems, such as mastitis or a fibroadenoma.	Generally, this exam is a part of your regular checkup.
MAMMOGRAM	To detect early breast cancer in women experiencing no symptoms. To detect and diagnose breast diseases in women experiencing symptoms such as a lump, pain or nipple discharge.	By age 40, you should have a mammogram every 1-2 years. Depending on your health history, you should discuss timing and frequency with your doctor or nurse.
PAP SMEAR OR PAP TEST	To look for changes in the cells of the cervix that show cervical cancer or conditions that may develop into cancer.	Pap tests should begin at age 21 and are recommended every 2 years. If you are over 65, you should discuss timing and frequency with your doctor or nurse.
PELVIC EXAM	To look for abnormalities in organs located in and around the pelvis, including the vulva, uterus, cervix, fallopian tubes, ovaries.	Pelvic exams should be performed annually, beginning at age 21. If you are younger than 21 and sexually active, you should discuss timing and frequency with your doctor or nurse.
CHLAMYDIA TEST	To determine whether symptoms of a sexually transmitted disease (STD) are caused by a Chlamydia infection. To check people who are at high risk for being infected with Chlamydia.	All sexually active women age 24 or younger should have this test annually. Women with symptoms of a cervical infection, which can be detected during a pelvic exam, should have this test. If you are 25 or older with new or multiple partners, you should discuss timing and frequency with your doctor or nurse.
SEXUALLY TRANSMITTED INFECTION (STI) TESTS	To test for sexually transmitted infections or diseases, such as genital herpes, gonorrhea, hepatitis B, bacterial vaginosis (BV).	If you are sexually active, discuss which tests might be right for you with your doctor or nurse.
HUMAN PAPILLOMAVIRUS (HPV) VACCINE	To protect against the types of HPV that cause most cervical cancers.	This vaccine is recommended if you are 26 or younger and have not already completed the vaccine series. It is recommended that all three doses are completed before beginning sexual activity.

**SOURCES:** The American Congress of Obstetricians and Gynecologists and National Women's Health Week.

\*All screenings and immunizations should be discussed with your doctor or nurse.



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