

Timetable for GOOD HEALTH

PENN HEALTH FOR WOMEN IS COMMITTED TO HELPING WOMEN ENHANCE THEIR LIVES THROUGH WELLNESS.

TYPE OF TEST	AGES 18 TO 39	AGES 40 TO 65	AGES 65 PLUS	RECORD TEST DATE & PHYSICIAN
General History and Physical Exam	Every one to three years.	Annually	Annually	
Blood Pressure, Height and Weight	As part of a general physical exam.	As part of a general physical exam.	As part of a general physical exam.	
Breast Exams	Monthly self-exam two to three days after menstrual cycle. Physician exam every one to three years.	Monthly self-exam two to three days after menstrual cycle. Physician exam every year after age 40. Mammogram every one to two years from age 40 to 49.	Monthly self-exam, Physician exam and mammogram every year.	
Pelvic Exam/ Pap Smear	Annually, starting at 21 or within three years of becoming sexually active, whichever is first.	Annually, interval may be lengthened for lower risk women after age 30.	Frequency based on patient and physician discretion depending on history and risk factors.	
Fasting Lipid Profile, including Cholesterol	Only required with risk factors.	Every five years starting at age 45.	Every five years.	
Fasting Blood Sugar	Only required with risk factors.	Every three years starting at age 45.	Every three years.	
Thyroid Testing	Usually not required.	Begin screening with Thyroid Stimulating Hormone (TSH) blood test at 50 and repeat every five years.	TSH every five years.	
Screen for Sexually Transmitted Diseases	Testing for Gonorrhea and Chlamydia annually once sexually active through age 25— continue testing with risk factors after age 25. HIV testing if sexually active or have exposure to blood.	HIV testing annually if sexually active or have exposure to blood.	HIV testing annually if sexually active or have exposure to blood.	
Colon Cancer Screening	Usually not required.	Start screening at age 50, usually with colonoscopy, repeat every 10 years if normal. Discuss other options with your doctor.	Colonoscopy every 10 years. Discuss other options with your doctor.	
Urinalysis	As a part of routine prenatal care.	As a part of routine prenatal care.	With annual exam.	
Eye Exam and Glaucoma Test	Visual test as part of a general physical exam.	Every two to four years.	Every one to two years after age 65.	
Dental Care	Once a year or more often as needed.	Once a year or more often as needed.	Once a year or more often as needed.	
Skin Cancer	All age groups. Ask your primary care physician to perform a skin cancer check-up during your general physical exam. Become familiar with your moles and birthmarks. Check them routinely in a full-length mirror (front and back) for changes in size, shape and color.			
Bone Density Scan	Usually not required.	Initiate after menopause, if one or more risk factors for osteoporosis, repeat no more than every two years.	Repeat no more often than every two years, interval can be lengthened for women with normal testing.	

Penn Health for WOMEN

What is **WOMEN'S HEALTH**?

Obstetrics and gynecology services are the foundation of most women's health programs. Modern women's health programs take a multidisciplinary approach and address all facets of wellness throughout a woman's life to include not only ob/gyn services but also heart health, cancer services, bone health, breast health, menopause services, behavioral health and more.



Our Mission

The Department of Obstetrics and Gynecology, in partnership with the subspecialties of Penn Medicine, is committed to providing accessible, high quality and comprehensive health care to all women throughout their lifespan. Penn Health for Women meets these diverse needs with a coordinated multidisciplinary approach that incorporates education, prevention, wellness, research and subspecialty care.

Access to Multidisciplinary Care

Penn Health for Women provides access to multidisciplinary health care for women of all ages. This comprehensive program is made up of highly qualified physicians, clinical nurses, midwives and support staff who diagnose, treat and educate women on a broad spectrum of health issues. We recognize the diversity of wellness needs throughout a woman's life and how best to meet these needs.

Integrated Care

Penn Health for Women is committed to helping women enhance their lives through wellness. Penn Medicine offers care in all subspecialties — making it is easier for you to see the right combination of specialists. Our providers coordinate your care with other specialists and communicate with your primary physician.

The following information provides details on common women's health issues. For a complete listing of all Penn Medicine programs log on to pennmedicine.org.

Penn Medicine provides comprehensive Women's Health services.

For more information about Penn Health for Women or to make an appointment, call 800.789.PENN (7366) or log on to pennmedicine.org/women.



LOCATIONS

Penn Health for Women at Radnor

Penn Medicine at Radnor
250 King of Prussia Road
Radnor PA 19087

Penn Health for Women at Pennsylvania Hospital

800 Spruce Street
Philadelphia, PA 19107

Penn Health for Women at the Hospital of the University of Pennsylvania

34th and Spruce Street
Philadelphia, PA 19104
and
3701 Market Street
Philadelphia, PA 19104

Sign up to receive the free Penn Health for Women E-Newsletter at pennmedicine.org/newsletters.



Penn Medicine

800.789.PENN pennmedicine.org

