

## RECOMMENDED SCREENING TESTS

The Midwife Group provides health care for women of all ages before, between and after pregnancy.

The following are preventive screening tests recommended by The National Women's Health Information Center, U.S. Department of Health and Human Services, Office on Women's Health. Your Certified Nurse Midwife can provide these health services as well as care for a variety of common women's health problems.

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and Older
<b>General Health:</b> Full checkup, including weight and height, nutrition and exercise	Discuss with your nurse midwife PMS issues Preconception planning	Discuss with your nurse midwife. PMS and perimenopause issues	Discuss with your nurse midwife. Perimenopause and menopause issues	Discuss with your nurse midwife. Perimenopause and menopause issues
Thyroid test (TSH) <sup>1</sup>	Start at age 35, then every 5 years	Every 5 years	Every 5 years	Every 5 years
<b>Heart Health:</b> Blood pressure test <sup>2</sup>	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test <sup>3</sup>	Start at age 20, Discuss with your nurse midwife.	Discuss with your nurse midwife.	Discuss with your nurse midwife.	Discuss with your nurse midwife.
<b>Bone Health:</b> Bone mineral density test <sup>4</sup>		Discuss with your nurse midwife.	Discuss with your nurse midwife.	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
<b>Diabetes:</b> Blood glucose test <sup>5</sup>	Discuss with your nurse midwife	Start at age 45, then every 3 years	Every 3 years	Every 3 years
<b>Breast Health:</b> Mammogram (x-ray of breast) <sup>6</sup>		Every 1-2 years. Discuss with your nurse midwife.	Every 1-2 years. Discuss with your nurse midwife.	Every 1-2 years. Discuss with your nurse midwife.
<b>Reproductive Health:</b> Pap test & pelvic exam <sup>7</sup>	Every 1-3 years if you have been sexually active or are older than 21	Every 1-3 years	Every 1-3 years	Discuss with your nurse midwife
Chlamydia test <sup>8</sup>	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.	Get this test if you have new or multiple partners.
Sexually transmitted disease (STD) tests <sup>9</sup>	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.	Both partners should get tested for STDs, including HIV, before initiating sexual intercourse.
<b>Family Planning</b> A variety of methods are available	Discuss with your nurse midwife	Discuss with your nurse midwife	Discuss with your nurse midwife	
<b>Colorectal Health:</b> Fecal occult blood test <sup>10,11</sup>		Fecal occult blood	Yearly	Yearly