

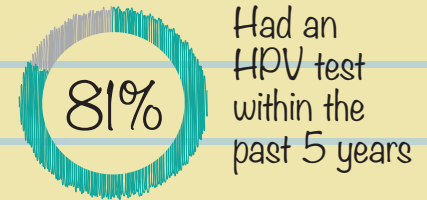
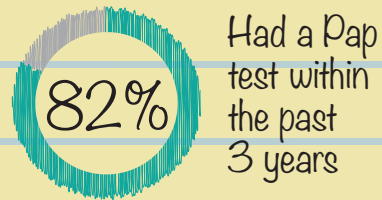
Women's Health Checklist

Only **HALF** of women in upstate New York report that their health is very good or excellent.

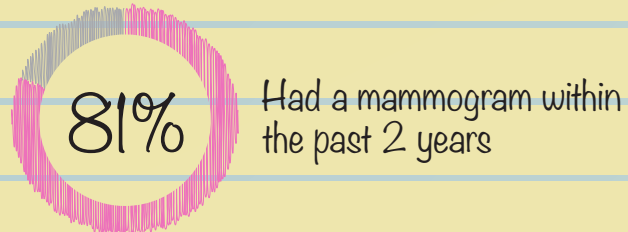
Review this list of women's preventive health recommendations, and the self-reported rates of compliance among women in upstate New York. Ask yourself:

Am I taking the best care of myself?

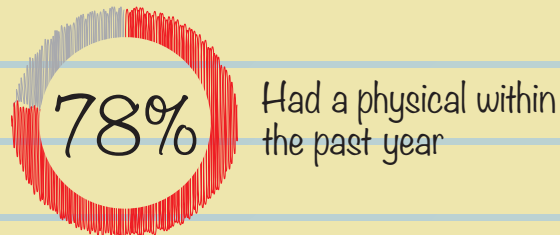
Women ages 21-65 need to have a **Pap test** every 3 years or a Pap test with an **HPV test** every 5 years to help prevent cervical cancer. Children should begin the **HPV vaccine** series at ages 11-12.



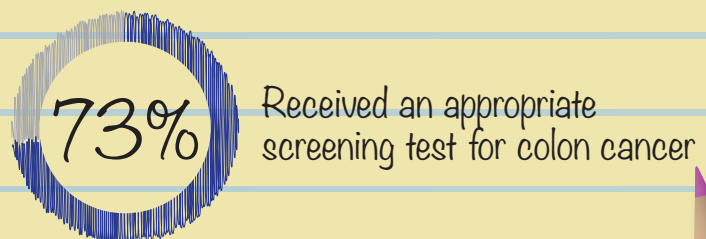
Women ages 50-74 and of average risk need to have a **mammogram** every 2 years.



Adults should have a **physical exam** once a year.



Adults ages 50-75 need to follow their doctor's **colon cancer screening** advice, including having a colonoscopy, sigmoidoscopy or blood stool test.



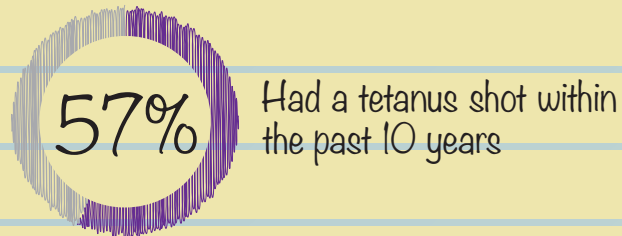
Adults should visit the **dentist** at least once a year.



Adults ages 65 and older should get a **pneumonia vaccine**.



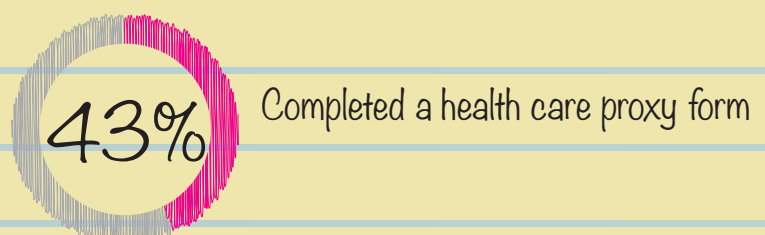
Adults should get a **tetanus shot** every 10 years.



Everyone ages 6 months and older should get the **flu vaccine** every year.



Adults should complete a **health care proxy** form to designate someone to advocate on behalf of their health care wishes.



Screening tests and preventive measures are covered health insurance benefits.

To learn more about which recommendations are best for you, talk with your doctor or visit WomensHealth.gov

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