















# Medical check-ups calendar for women



Most diseases produce multiple symptoms and affect many parts of the body, especially if not treated early. To maintain good health, doctors recommend regular examinations to be able to react as quickly as possible to emerging changes.

| For ages 20–30  | For ages 40 – 50  | For ages 60+  |
|---|---|---|
| <br>Monthly breast self-exam   | <br>Monthly breast self-exam   | <br>Monthly breast self-exam   |
| <br>Pap smears every 2-3 years to test for cervical cancer                               | <br>Mammogram every 1-2 years to check for signs of breast cancer        | <br>Mammogram every 1-2 years to check for signs of breast cancer  |
| <br>Pelvic exams every 1-3 years to check for signs of cancer                          | <br>Ovarian screening every 3 years to test for ovarian cancer         | <br>Bone density tests every 3 years to see early signs of osteoporosis  |
| <br>Thyroid tests (TSH) every few years to check for underactive or overactive thyroid | <br>Cholesterol tests every 5 years to oversee risk for heart diseases | <br>If you have a family history of any diseases or risk factors it is recommended to get the check-ups done earlier |
| <br>Blood glucose tests every 5 years to rule out diabetes                             | <br>Colorectal cancer screening  |   |

Sources: Office on Women's Health,  
National Breast Cancer Foundation,  
National Health Service – Health A to Z

## Pink@Work

Wear some pink. Show you care  
Join our event and help raise  
awareness on breast cancer.  
All you need to do is wear

Save the date!

**24.10**

Metastatic Breast Cancer  
Awareness Day

