



Recommended Screenings and Immunizations for Women with High Risk Factors

✓ if it applies	Does your family history include?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test
	High cholesterol	Cholesterol test
	Diabetes	Blood sugar test
	Heart disease; premature heart disease or heart attack	Blood pressure test; cholesterol test; exercise stress test
	Breast cancer	Mammogram; ovarian screening tests
	Cervical, uterine, or vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
	Ovarian cancer	Pelvic exam; ovarian screening tests; colon screening; clinical breast exam
	Osteoporosis; bone fracture in adulthood	Bone mineral density test
	Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling
	Gum (periodontal) disease	Oral exam
	Hearing problems; deafness	Hearing test
	Vision problems; eye disease; blindness	Vision exam
	Inflammatory bowel disease; colon polyps; colon, ovarian or endometrial cancer	Colonoscopy; sigmoidoscopy; DCBE; rectal exam; fecal occult blood test
	Cancer, heart disease, or any illness at an unusually young age (50 or under)	Genetic counseling, possible early screening tests
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner.

This chart lists screenings or tests you might need more often or earlier due to having high risk factors, or things in your life that increase your chances of developing a condition or disease.

✓ if it applies	Are you?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	African American	Blood pressure test; cholesterol test; blood sugar test; vision exam; colonoscopy; genetic counseling for sickle cell anemia
	Hispanic American	Blood pressure test; cholesterol test; blood sugar test; colonoscopy
	Alaska Native/Pacific Islander	Blood sugar test
	American Indian	Blood sugar test
	Ashkenazi Jewish Descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant
	Ashkenazi Jewish with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation
	Asian American	Blood sugar test
	Age 65 or older	Bone mineral density test; flu vaccine; pneumococcal vaccine
	Between the ages of 60 and 64, weigh less than 154 pounds, and not taking estrogen	Bone mineral density test
	College age	MMR vaccine; varicella vaccine
	Postmenopausal	Bone mineral density test
	Pregnant	Blood pressure test; blood sugar test; urine test; HIV test; STDs tests; MMR vaccine
	A non-pregnant woman of childbearing age	MMR vaccine; varicella vaccine
	A smoker	Blood pressure test; cholesterol test; bone mineral density test; oral exam; vision exam
	Overweight	Blood pressure test; blood sugar test; weight
	Living in prison	Tuberculosis (TB) test; HIV test; STD tests
	Living in long-term care	TB test; influenza vaccine; pneumococcal vaccine
	A health care worker	TB test; influenza vaccine; pneumococcal vaccine; MMR vaccine; varicella vaccine
	A health care worker exposed to blood	HIV test; hepatitis screening; hepatitis A, B vaccines

This chart lists screenings or tests you might need more often or earlier due to having high risk factors, or things in your life that increase your chances of developing a condition or disease.

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	High blood pressure	Blood pressure test; cholesterol test; blood sugar test
	High cholesterol	Blood pressure test; cholesterol test; blood sugar test
	Heart disease	Blood pressure test; cholesterol test; blood sugar test; influenza vaccine; pneumococcal vaccine
	Diabetes	Blood pressure test; cholesterol test; blood sugar test; vision exam; urine test
	Gestational diabetes (diabetes during pregnancy)	Blood sugar test
	A baby weighing more than 9 lbs.	Blood sugar test
	Breast cancer	Mammogram; ovarian screening tests
	Cervical, uterine, vaginal cancer	Pap test; pelvic exam; ovarian screening tests; colon screening
	Ovarian cancer	Pelvic exam; ovarian screening tests; mammogram; colon screening
	Previous abnormal Pap tests	Pap test; pelvic exam
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle, or little physical activity; low body weight (less than 154 pounds) or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test; TB test; influenza vaccine; MMR vaccine; pneumococcal vaccine; autoimmune screening test; bone mineral density test

This chart lists screenings or tests you might need more often or earlier due to having high risk factors, or things in your life that increase your chances of developing a condition or disease.

✓ if it applies	Do you have or have you had?	Then ask your health care provider if you need the following screenings or tests more often or at a younger age:
	Chronic lung disease	Influenza vaccine; pneumococcal vaccine
	Chronic liver disease	Hepatitis A vaccine
	Thyroid disease	Thyroid test; influenza vaccine; pneumococcal vaccine; bone mineral density test (of hyperthyroid)
	Gum (periodontal) disease	Oral exam
	Colon polyps; Inflammatory bowel disease	Colonoscopy
	A developmental delay	Vision exam; hearing test
	Eye injury or disease	Vision exam
	Ear injury or prolonged exposure to loud noise	Hearing test
	HIV/AIDS	Oral exam; vision exam; Pap test; pelvic exam; TB test; thyroid test; STDs tests; influenza vaccine; pneumococcal vaccine; hepatitis screening; hepatitis A, B vaccines
	A blood transfusion from 1978-1985	HIV test; hepatitis screening
	Multiple sex partners (or a partner who has multiple sex partners)	STDs tests; HIV test; hepatitis B test; hepatitis C test; Pap test; pelvic exam
	Alcoholism	Pneumococcal vaccine; TB test; psychological screening; liver tests
	Intravenous (IV) drug use or addiction	Hepatitis screening; hepatitis A, B vaccines; TB test; STD tests; HIV test; psychological screening
	A sexually transmitted disease (STD)	STD tests; HIV test; Pap test; pelvic exam
	Lived or worked with someone exposed to Tuberculosis (TB)	TB test
	A serious injury (cut or laceration)	Tetanus-Diphtheria booster vaccine
	A baby recently (within the last few weeks or months)	Post-partum depression screening

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