

### Health screening checklist for 40-year old females

	Tests	What is it?	How often?	Done on:	Next check-up:
1	Mammogram	Breast cancer detection	Yearly or once every two years		
2	Breast check	Breast cancer detection	Yearly		
3	Pap Smear and pelvic exam	Cervical cancer detection	Yearly		
4	Pap Smear plus HPV DNA test and pelvic exam	Cervical cancer detection: check if necessary	Once every five years or as required		
5	Blood cholesterol test	Measures amount of total cholesterol, "bad" LDL, and "good" HDL cholesterol circulating in the blood. Levels of triglycerides, another blood fat, are also usually checked.	Every five years or as required		
6	Blood pressure check	Measures blood pressure, an indicator of heart risk	Every other year or as required		
7	Fasting plasma glucose	Measures blood sugar, an indicator of diabetes risk	Every three years or as required		
8	Eye exam	To test your vision and screen for glaucoma and macular degeneration, two common, often age-related conditions.	Yearly or once every two years after 40		
9	Dental exam and cleaning	To remove plaque and bacteria that could lead to tooth and gum disease; to check for tongue and mouth cancer. Problems with your teeth can indicate osteoporosis.	Yearly		

\*Source: WebMD, Healthy Women

\* Compiled by 40 and Above