

Female Cancer Prevention and Screening Checklist



- 1 Visit your gynecologist yearly for a well-woman visit.**

Discuss your family history and learn your risk level for women's cancers.

Receive a breast exam, age 25+

Discuss pelvic exam, age 21+
- 2 Get regular mammograms for breast cancer screening.**

Annual or biennial screening mammograms are recommended for women 40 years and older. For those at higher risk of developing breast cancer due to family history, dense breast tissue or prior abnormal breast biopsies, discuss screening options with your doctor. Research shows that if breast cancer is detected early, it is easier to treat and yields higher survival rates.
- 3 Get Pap and HPV Tests for cervical cancer screening.**
 - Age 21 to 29: Have a Pap test every 3 years.
 - Age 30 to 65: Have a Pap test plus a high-risk human papillomavirus (hrHPV) test every 5 years or a Pap test alone every 3 years or hrHPV alone every five years or sooner.

Discuss all symptoms with your provider.
- 4 Get the HPV vaccine to prevent cervical cancer.**

Recommended:

 - i. Females and males ages 11 or 12 years (can start at age 9 years)
 - ii. Persons ages 13 through 26 years who have not been adequately vaccinated when younger.

Vaccines can still be initiated for patients ages 27-45 for select patients.
- 5 Track your testing and results in an app or use MyChart (Inova patients).**