

Common Gastrointestinal Problems

A Consumer Health Guide

**Common GI Problems in Women:
Health Check List**

A Check List of Age-Related Screening Tests for Women

Even when you feel well, health checks are important to assure that you remain that way. Simple examinations can detect health problems early, when they are easier to treat and correct. Women should begin health checks in their teens.

Age 18 yrs:

- Blood pressure every 2 years
- Clinical breast examination every year
- Pap test and pelvic examination every 1-3 yrs
- Breast self-exam monthly

Age 35-39 yrs:

- Health checks above
- Baseline mammography

Age 40 yrs:

- Health checks above
- Mammography every 1-2 years
- Digital rectal examination, stool check for occult blood

Age 50 yrs and over:

- Health checks above
- Stool blood test yearly
- Sigmoidoscopy every 3-5 yrs or colonoscopy once every 10years (more frequent for higher risk individuals)

Ask your doctor about health checks for:

- Diabetes
- Cholesterol
- Skin cancer

These guidelines apply only to women with average risk and without symptoms.



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