

## Vital Stream Naturopathy

### WELL WOMAN PREVENTIVE HEALTH CARE

AGES	20-29	30-39	40-49	50+
<b>PHYSICAL EXAM</b>	Every 2-3 years	Every 2-3 years	Every 2-3 years	Every 1-2 years
<b>BLOOD PRESSURE</b>	Every 1-2 years	Every 1-2 years	Every 1-2 years	Every 1-2 years
<b>VISION</b>	Every 3-5 years	Every 3-5 years	Every 3-5 years	Every 2-3 years
<b>PAP SMEAR</b>	Every 1-3 years	Every 1-3 years	Every 1-3 years	Every 1-3 years
<b>MAMMOGRAM</b>			Every 1-2 years	Every 1-2 years
<b>BREAST SELF-EXAM</b>	Monthly	Monthly	Monthly	Monthly
<b>CLINICAL BREAST EXAM</b>	Yearly	Yearly	Yearly	Yearly
<b>DIGITAL RECTAL EXAM</b>			Yearly	Yearly
<b>STOOL BLOOD TEST</b>				Yearly
<b>SIGMOIDOSCOPY</b>				Every 3-5 years
<b>CHOLESTEROL SCREENING</b>	Every 3-5 years	Every 3-5 years	Every 3-5 years	Every 3-5 years
<b>GLAUCOMA SCREENING</b>				Every 2-3 years
<b>DIABETES SCREENING</b>			Every 3-5 years	Every 3-5 years
<b>DENTAL CHECK-UP</b>	Every 2-3 years	Every 2-3 years	Every 2-3 years	Every 2-3 years

References

[www.4woman.gov](http://www.4woman.gov) (National Women's Health Information Center)

[www.nci.nih.gov](http://www.nci.nih.gov) (National Cancer Institute)