

# Staying Healthy: Recommendations for WOMEN

The Veterans Health Administration (VHA) aims to help you stay healthy. The table below lists the **preventive health services** (screening tests, medications, health counseling, and vaccines) that VHA recommends. Screening tests are used to look for health conditions before there are symptoms. These recommendations apply only to adult women of **average risk**. You are a woman of average risk if you have **no personal or family history or symptoms** of the conditions listed below. If you are having symptoms of a condition, please talk with your provider.

## Which preventive health services are recommended for average risk women in my age group?

Medium Gray: Recommended

Light Gray: Recommended for some women – talk with your provider

Dark Gray: Not recommended (NR)

## SCREENING TESTS

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older	
Abdominal Aortic Aneurysm (AAA)	Not recommended (age 18–64)					Talk with your provider (age 65–75)	Not recommended (age 76 and older)	
Breast Cancer	Not recommended (age 18–39)		Recommended annually (45–54) Recommend biennial (55 and older or have opportunity to continue annually) Have opportunity to begin annual screening (40–44)				Recommended for some women – talk with your provider (age 75 and older)	
Cervical Cancer	Every 3 years (age 21–29)	Recommended. Every 3 or 5 years, depending on tests chosen (age 30–65)				Not recommended (age 66 and older)		
Colon Cancer	Not recommended (age 18–49)			Recommended. Frequency varies by test chosen (age 50–75)			Talk with your provider (age 76–85)	NR (age 86 and older)
Depression	Recommended every year							
Hepatitis B Infection	Recommended for some women – talk with your provider (age 18 and older)							
Hepatitis C Infection	Recommended in adults aged 18–79 years, and in all pregnant women, during each pregnancy							
High Blood Pressure	Recommended every 1–2 years (age 18 and older)							
High Cholesterol		Talk with your provider (age 20 and older)						
HIV Infection	Recommended once (age 18 and older); in all pregnant Veterans; annually in Veterans with ongoing risk factor							
Lung Cancer	Not recommended (age 18–54)				Recommended for some women – talk with your provider (age 55–80)		Not recommended (age 81 and older)	
Osteoporosis	Recommended for some women – talk with your provider (age 18–64)					Recommended once (age 65 and older)		
Overweight & Obesity	Recommended every year (age 18 and older)							
Sexually Transmitted Infections	Recommended. Test for gonorrhea and chlamydia every year (age 18–24). Talk with your provider about syphilis testing.	Talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)						

## MEDICATIONS

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Folic Acid for Pregnancy Planning</b>	Recommended. Daily folic acid supplement for any woman who may become pregnant				Not recommended after child-bearing age		
<b>Aspirin to Prevent Stroke</b>	Not recommended (age 18–54)				Talk with your provider (age 55–79)		NR (age 80 and older)

## HEALTH COUNSELING

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
<b>Tobacco Use</b>	Recommended every visit (if using tobacco) (age 18 and older)						
<b>Alcohol Use</b>	Talk with your provider about healthy alcohol use (age 18 and older)						
<b>Healthy Diet and Physical Activity</b>	Talk with your provider about a healthy diet and physical activity (age 18 and older)						

## VACCINES

HEALTH CONDITION	18–29 years	30–39 years	40–49 years	50–59 years	60–69 years	70–79 years	80 years and older
Hepatitis A	Recommended for some women – talk with your provider (age 18 and older)						
Hepatitis B	Recommended for some women – talk with your provider (age 18 and older)						
Herpes Zoster (Shingles) RZV vaccine	Not recommended (age 18–49)			Recommended 2 doses (age 50 and older), with second dose 2–6 months after first dose			
Human Papilloma Virus (HPV) HPV9 vaccine	2–3 doses (age 18–26) if series not completed	Talk with your provider (age 27–45)		Not recommended (age 46 and older)			
Influenza (Flu) Injectable, Inhaled	Recommended every year (age 18 and older)						
Measles, Mumps, and Rubella (MMR)	Recommended for some women – talk with your provider (age 18 and older)						
Meningococcal Disease	Recommended for some women – talk with your provider (age 18 and older)						
Pneumococcal Disease PPSV23 vaccine, PCV13 vaccine	Recommended for some women – talk with your provider (age 18–64)					Recommended. At least 1 dose of PPSV23 vaccine (age 65 and older)	
						Talk with your provider about PCV13 vaccine (age 65 and older)	
Tdap (Tetanus, Diphtheria & Pertussis )	Recommended. 1 dose. Get additional dose with every pregnancy (age 18 and older)						
Td (Tetanus and diphtheria)	Recommended. Booster every 10 years (10 years after last Tdap or Td) (age 18 and older) (Either Tdap or Td may be used)						
Varicella (Chickenpox)	Recommended for some women - talk with your provider (2 doses if born 1980 or later)						