### 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.

#### Preventive Health Services Recommended for Average Risk Women

<table>
<thead>
<tr>
<th>HEALTH CONDITIONS</th>
<th>18–29 years</th>
<th>30–39 years</th>
<th>40–49 years</th>
<th>50–59 years</th>
<th>60–69 years</th>
<th>70–79 years</th>
<th>80 years and older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAST CANCER</strong></td>
<td>Not recommended (age 18–49)</td>
<td>Recommended annually (45–54)</td>
<td>Recommended biennially (55 and older or have opportunity to continue annually)</td>
<td>Have opportunity to begin annual screening (40–44)</td>
<td>Recommended for some women—talk with your provider (age 75 and older)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>CERVICAL CANCER</strong></td>
<td>Every 3 years (age 21–29)</td>
<td>Every 5 years, depending on test chosen (age 30–65)</td>
<td>Recommended</td>
<td>Not recommended for those with prior adequate screening (age 66 and older)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COLON CANCER</strong></td>
<td>Not recommended (age 18–49)</td>
<td>Recommended</td>
<td>Frequency varies by test chosen (age 45–75)</td>
<td>Talk with your provider (age 76–85)</td>
<td>N/A (age 86 and older)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DEPRESSION</strong></td>
<td>Recommended every year</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HIV INFECTION</strong></td>
<td>Recommended once (age 18 and older); in all pregnant Veterans, annually in Veterans with ongoing risk factors</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LUNG CANCER</strong></td>
<td>Not recommended (age 18–49)</td>
<td>Recommended for some women – talk with your provider (age 50–64)</td>
<td>Not recommended</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OSTEOPOROSIS</strong></td>
<td>Recommended for some women – talk with your provider (age 18–46)</td>
<td>Recommended for some women – talk with your provider (age 50–64)</td>
<td>Not recommended</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SEXUALLY TRANSMITTED INFECTIONS</strong></td>
<td>Talk with your provider about screening testing</td>
<td>Recommended for some women, talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)</td>
<td>Recommended</td>
<td>Recommended for all pregnant Veterans, early screening for syphilis infection, regardless of age</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MEDICATIONS</strong></td>
<td>Recommended for women who have not already had Hepatitis B vaccine (age 19–59)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Folic Acid for Pregnancy Planning</strong></td>
<td>Recommended. Daily folic acid supplement for any woman who may become pregnant (age 18–55)</td>
<td>Not recommended after child-bearing age (age 55 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Aspirin to Prevent Cardiovascular Disease</strong></td>
<td>Not recommended (age 18–39)</td>
<td>Talk with your provider (age 40–59)</td>
<td>Not recommended (age 60 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>PrEP to Prevent HIV Infection</strong></td>
<td>Recommended every year (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Statin to Prevent Cardiovascular Disease</strong></td>
<td>Not recommended (age 19–40)</td>
<td>Recommended for some women – talk with your provider (age 40–60)</td>
<td>Not recommended</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HEALTH COUNSELING</strong></td>
<td>Recommended every year (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tobacco Use</strong></td>
<td>Recommended every visit (of using tobacco) (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Alcohol Use</strong></td>
<td>Talk with your provider about healthy alcohol use (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Healthy Diet and Physical Activity</strong></td>
<td>Talk with your provider about a healthy diet and physical activity (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Overweight &amp; Obesity</strong></td>
<td>Recommended every year (age 18 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VACCINES</strong></td>
<td>Recommended for women – talk with your provider (age 19–26) if series not completed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>COVID-19</strong></td>
<td>Recommended for all women – talk with your provider to make sure you stay up-to-date [<a href="https://www.va.gov/health-care/covid-19-vaccine/">https://www.va.gov/health-care/covid-19-vaccine/</a>]</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hepatitis A</strong></td>
<td>Recommended for some women – talk with your provider (age 19 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>Recommended for some women who have not already had Hepatitis B vaccine (age 19–59)</td>
<td>Recommended for some women – talk with your provider (age 60 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Herpes Zoster (Shingles)</strong></td>
<td>Recommended for some women – talk with your provider (age 19 and older)</td>
<td>Recommended for some women – talk with your provider (age 19–64)</td>
<td>Recommended doses (age 50 and older), with second dose 2–6 months after first dose</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Human Papilloma Virus (HPV)</strong></td>
<td>Recommended for some women – talk with your provider (age 19 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Influenza (Flu)</strong></td>
<td>Recommended every year (age 19 and older)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Measles, Mumps, and Rubella (MMR)</strong></td>
<td>Recommended for some women – talk with your provider (age 19–26)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Postpartum</strong></td>
<td>Recommended for some women – talk with your provider (age 19–36)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Human Papilloma Virus (HPV)</strong></td>
<td>Recommended for some women – talk with your provider (age 19–26)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Rabies</strong></td>
<td>Recommended annually (45–75)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tdap (Tetanus, Diphtheria &amp; Pertussis)</strong></td>
<td>Recommended at least 1 dose. Get additional dose with every pregnancy (Or for wound management if &gt; 5 years have passed since last tetanus toxoid-containing booster vaccine).</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Td (Tetanus and diphtheria)</strong></td>
<td>Recommended. Booster every 8 years (age 19 and older) (Either Tdap or Td may be used)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Varicella (Chickenpox)</strong></td>
<td>Recommended for some women – talk with your provider (2 doses if born 1980 or later)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SCREENING TESTS FOR AVERAGE RISK VETERANS**

**HEALTH CONDITIONS**

18–29 years | 30–39 years | 40–49 years | 50–59 years | 60–69 years | 70–79 years | 80 years and older

**BREAST CANCER**

- Not recommended (age 18–49)
- Recommended annually (45–54)
- Recommended biennially (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)
- Every 5 years, depending on test chosen (age 30–65)
- Recommended
- Not recommended for those with prior adequate screening (age 66 and older)

**COLON CANCER**

- Not recommended (age 18–49)
- Recommended
- Frequency varies by test chosen (age 45–75)
- Talk with your provider (age 76–85)
- N/A (age 86 and older)

**DEPRESSION**

- Recommended every year

**HIV INFECTION**

- Recommended once (age 18 and older); in all pregnant Veterans, annually in Veterans with ongoing risk factors

**LUNG CANCER**

- Not recommended (age 18–49)
- Recommended for some women – talk with your provider (age 50–64)
- Not recommended

**OSTEOPOROSIS**

- Recommended for some women – talk with your provider (age 18–46)
- Recommended for some women – talk with your provider (age 50–64)
- Not recommended

**SEXUALLY TRANSMITTED INFECTIONS**

- Talk with your provider about screening testing
- Recommended for some women, talk with your provider about testing for gonorrhea, chlamydia, and syphilis (age 25 and older)
- Recommended for all pregnant Veterans, early screening for syphilis infection, regardless of age

**MEDICATIONS**

- Recommended for women who have not already had Hepatitis B vaccine (age 19–59)
- Not recommended after child-bearing age (age 55 and older)
- Recommended for some women – talk with your provider (age 60 and older)
- Recommended every year (age 18 and older)
- Talk with your provider about healthy alcohol use (age 18 and older)
- Talk with your provider about a healthy diet and physical activity (age 18 and older)
- Recommended every year (age 18 and older)

**HEALTH COUNSELING**

- Recommended every visit (of using tobacco) (age 18 and older)
- Talk with your provider about healthy alcohol use (age 18 and older)
- Talk with your provider about a healthy diet and physical activity (age 18 and older)
- Recommended every year (age 18 and older)

**VACCINES**

- Recommended for all women – talk with your provider to make sure you stay up-to-date [https://www.va.gov/health-care/covid-19-vaccine/]
- Recommended for some women – talk with your provider (age 19 and older)
- Recommended for some women who have not already had Hepatitis B vaccine (age 19–59)
- Recommended for some women – talk with your provider (age 60 and older)
- Recommended for some women – talk with your provider (age 19–64)
- Recommended
- Recommended at least 1 dose. Get additional dose with every pregnancy
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended
- Recommended