

# Health checks for women

Your guide to what you need and when

Blood pressure check	Every two years from age 18 or more often if at increased risk.
Cholesterol check	Every five years from age 45 (age 35 for Aboriginal and Torres Strait Islander women). May be earlier/more frequent depending on family history and personal risk factors – speak to your GP.
STI screening	For sexually active women of all ages, speak to your GP about how often to screen for sexually transmissible infections (STIs). Women under 30 may need screening at least once a year.
Pre-pregnancy care	As needed, when women are of childbearing age.
Breast self-check	Once a month for women of all ages. Get to know the normal look and feel of your breasts. Speak to your GP if you notice any unusual changes.
Breast cancer screening mammogram	Every two years from age 50-74. Women with higher risk or family history of breast cancer may need to screen earlier/more often – speak to your GP.
Heart health check	At least every two years from age 45 (age 35 for Aboriginal and Torres Strait Islander women).
Diabetes screening	At least every three years from age 40. May be earlier/more often for women at higher risk and those who are pregnant – speak to your GP.
Bone health (fracture risk) review	Once a year from age 45 or post-menopause. Depending on bone health and risk of fracture/osteoporosis, your GP may suggest a bone density scan (DXA) every two years.
Cervical screening (formerly Pap smear)	Every five years from age 25 to 70-74. If you started having sex after age 25, screening starts two years after you were first sexually active.
Bowel cancer screening	Every two years from age 50 for the general population. Women at higher risk may need to screen more often and with other tests – speak to your GP.
Skin check	Perform regular self-checks, looking for new/changed spots. Speak to your GP if you notice anything suspicious.
Mental health check	If you are experiencing symptoms such as sadness, irritability, fatigue or anxiety; have had changes to your eating or sleeping habits; or have any other mental health concerns, speak to your GP.
Dental check	At least once a year for women of all ages. Dentist to advise if more frequent check-ups are needed.
Eye test	From age 65 if you notice vision problems. Speak to your GP if you have a family history of glaucoma.
Hearing test	Once a year from age 65.
Vaccination review	At least once a year for women of all ages.

Regular health checks help to prevent and detect diseases early, often when they can be more easily treated. This information is provided as a general guide. You may need other or more frequent checks. If you notice blood in your poo or urine; pain or a lump in your breast; nipple discharge; bleeding after sex or between periods; or anything else unusual or concerning, don't delay – speak to your GP.

## Who can help?

Your GP

National Cancer Screening

Register: 1800 627 701

BreastScreen Australia: 13 20 50

Your pharmacist, optometrist and dentist