



WOMEN'S SCREENINGS

RECOMMENDED SCREENINGS BY AGE RANGE

Schedule annual gynecology exams to maintain your health.

- 21-29** • Pelvic Exam & Cancer Screenings
Pap test & HPV test every 3 years
- 30-39** • Pelvic Exam & Cancer Screenings
Pap test & HPV test every 5 years
- 40-44** • Breast Cancer Screening
Mammogram every year (*Discuss with your provider*)
 - DEXA Scan (*See reverse and discuss with your provider*)
 - Pelvic Exam & Cancer Screenings
Pap test & HPV test every 5 years
- 45-54** • Breast Cancer Screening
Mammogram every year
 - Colon Cancer Screening (*Cologuard or Colonoscopy*)
Start at 45, screening type at your provider's discretion
 - DEXA Scan (*Every 2 years, see reverse and discuss with your provider*)
 - Pelvic Exam & Cancer Screenings
Pap test & HPV test every 5 years
- 55-64** • Breast Cancer Screening
Mammogram every 1-2 years
 - Colon Cancer Screening (*Cologuard or Colonoscopy*)
Screening type at your provider's discretion
 - DEXA Scan (*Every 2 years, see reverse and discuss with your provider*)
 - Heart Screening
Cardiac CT every 3 years at your provider's discretion
 - Lung Cancer Screening
20 pack-year or more smoking history (1 pack per day for 20 years; 2 packs per day for 10 years, etc.)
 - Pelvic Exam & Cancer Screenings
Pap test & HPV test every 5 years
- 65+** • Breast Cancer Screening
Mammogram every 2 years
 - Colon Cancer Screening (*Cologuard or Colonoscopy*)
Screening type at your provider's discretion
 - DEXA Scan (*Every 2 years, see reverse and discuss with your provider*)
 - Heart Screening
Cardiac CT every 3 years at your provider's discretion
 - Lung Cancer Screening
20 pack-year or more smoking history (1 pack per day for 20 years; 2 packs per day for 10 years, etc.)
 - Pelvic Exam & Cancer Screenings
At your provider's discretion

Please schedule a consultation whenever you have a concern.



**Decatur County
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720 N. Lincoln St. | Greensburg, IN

COULD YOU QUALIFY FOR EARLIER BONE DENSITY (DEXA) SCREENING?

Typically recommended starting at age 65, but you may qualify earlier if you have:

- History of broken bones after age 50
- Early menopause (natural or surgical)
- Low body weight or BMI
- Long-term steroid use
- Family history of osteoporosis or hip fracture
- Gastric bypass surgery or digestive disorders
- Rheumatoid arthritis or other chronic inflammatory conditions
- Certain cancer treatments or medications
- Chronic smoking or heavy alcohol use

Not sure if a DEXA screening is right for you?

Talk with your provider. A provider's order is required to schedule a DEXA screening.

TO SELF-SCHEDULE ANY OF THE RECOMMENDED SCREENINGS, VISIT:

Self-Scheduling

Patient Portal

dcmh.net/patient-portal

TO SCHEDULE ANY OF THE RECOMMENDED SCREENINGS, PLEASE CALL:

Breast Cancer Screening

Radiology

812-663-1157

Cervical Cancer Screening

Family Medicine

812-222-DOCS (3627)

OBGYN/Women's Care

812-222-DOCS (3627)

Colon Cancer Screening

Brian Albers, MD

812-933-1600

Jon Geers, MD

812-934-9191

Duncan Hamilton, DO

812-663-1105

Karen Summe, MD, FACS

812-663-1105

David Welsh, MD

812-934-4262

Gastroenterology

317-865-2955

Gynecology & Pelvic Exams

Family Medicine

812-222-DOCS (3627)

OBGYN/Women's Care

812-222-DOCS (3627)

\$49 Heart Screening

Radiology

812-663-1157

\$49 Lung Screening

Radiology

812-663-1157

Recommendations are for average risk patients. Speak with your provider regarding high-risk family history, genetic disorders, or other conditions.



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