



# Women's Screenings and Vaccinations by Age

Women 30-39



## BREAST

••• No screening is recommended, but if you are having symptoms, discuss these with your health care provider. Women should be familiar with how their breasts normally look and feel and should report any changes to a health care provider right away.

## CERVICAL

••• Women between the ages of 21 to 65 are recommended to get a Pap test every 3 years. For women ages 30 to 65, it is recommended they receive screening every 5 years for HPV or every 5 years with HPV combined with a Pap test.

## LUNG

••• No screening is recommended, but if you are having symptoms, discuss these with your health care provider.

## COLORECTAL

••• No screening is recommended, but if you are having symptoms, discuss these with your health care provider.

## HPV

••• The HPV vaccine is recommended for some adults ages 27 to 45 who are not adequately vaccinated. The HPV vaccine should be given before exposure to HPV through sexual contact.

## HEP-B

••• The Hepatitis B vaccine protects infants, children, and adults from Hepatitis B. Talk to your health care provider.

*The recommendations come from the Advisory Committee on Immunization Practices, the United States Preventative Task Force, and the American Cancer Society.*



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If there is a family history of any of these cancers, you could be at a higher risk for cancer. Talk to your health care provider about the best screening options for you.

