



American Indian  
Cancer Foundation.

# Women's Screenings and Vaccinations by Age

Women 40-49



## BREAST

- It is recommended that women begin screenings every other year, starting at age 40. Women who have a family history of breast cancer are at a higher risk and could benefit from screening in their 40s. If you are 40 or older, you can choose to begin yearly mammograms at age 40, depending on their insurance coverage. This is an individual choice and should be discussed 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

- For women ages 30 to 65, it is recommended they receive a Pap test every 3 years, every 5 years for HPV testing, or every 5 years with HPV testing in combination with a Pap test.

## LUNG

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

## COLORECTAL

- Colorectal cancer screening is recommended for adults aged 45 to 49.

## 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.

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.



*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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