

# Your health check cheat-sheet

# for women

## ONCE A MONTH

**Breast self-check** – All ages

## ONCE EVERY 3 MONTHS

**Skin check** – Perform regular self-checks, looking for new or changed spots. Speak to your GP if you notice anything suspicious. The Cancer Council recommends that people at higher risk of skin cancer should discuss a plan of how often they should check their skin with their doctor. They may need a full professional skin examination as often as every six months.

## ONCE A YEAR

**STI screening** – Women under 30

**Bone health** – Once a year from age 45 or post-menopause

**Dental check** – All ages

**Hearing test** – Once a year from age 65

**Vaccination review** – At least once a year for women of all ages

## EVERY 2-5 YEARS

**Blood pressure** – Every two years from age 18

**Bowel cancer screening** – Every two years from age 50 for the general population

**Breast cancer screening mammogram** – Every two years from age 50–74

**Heart health check** – At least every two years from age 45, or 35 for Aboriginal and Torres Strait Islander women

**Diabetes screening** – At least every three years from age 40

## EVERY 5 YEARS

**Cholesterol check** – Every 5 years from age 45, or 35 for Aboriginal and Torres Strait Islander women

**Cervical screening (formerly Pap smear)** – Every 5 years from age 25 to 70–74. Or two years from when you start having sex

## AS NEEDED

**Pre-pregnancy care** – As needed, once you are of childbearing age

**Eye test** – From age 65, if/when you notice vision problems. Or, speak to your GP if you have a family history of eye problems

**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

*Family history or increased personal risk factors may change how often/early you may have to do these check-ups. Always consult with a GP if you are uncertain or have been experiencing any symptoms.*

Source: [Jean Hailes for Women's Health 2023](#)

