

The American Congress of Obstetricians and Gynecologists (ACOG) recommends girls have an initial visit with an OB/GYN between 13 and 15 years of age. This visit is primarily to help a young woman feel comfortable discussing her health and to answer any questions. This visit generally does not include a pelvic examination.

The ACOG recommends the following screenings for adult women.

Screening test	Age 19-39	Age 40-49	Age 50-64	Age 65 and older
Pelvic Exam	Ages 19-20 years when indicated by medical history; age 21 or older, yearly	Yearly	Yearly	Yearly
Cervical Cancer Screening (PAP)/HPV	Every 3 years, beginning at age 21	Every 3 years	Every 3 years	As determined by your doctor
Clinical Breast Exam	Every 1-3 years, beginning at age 20	Yearly	Yearly	Yearly
Breast Cancer Screening (Mammogram)	N/A	Yearly	Yearly	As determined by your doctor
Colorectal Cancer Screening (Colonoscopy)	N/A	N/A	Every 10 years (African Americans should begin screening at age 45)	Every 10 years
Bone Density Screening (Osteoporosis)	N/A	N/A	As determined by your doctor	No more than once every 2 years beginning at age 65, or as determined by your doctor

When should you see your OB/GYN?

Maintaining a healthy weight, eating a proper diet, and getting the appropriate amount of exercise can help you enjoy a long and healthy life. Part of being healthy is to visit your gynecologist annually for routine preventive care. An annual visit to your gynecologist provides an excellent opportunity to minimize health risks by finding problems early or preventing health problems before they occur. If you have a health problem, finding it early may make treatment easier and pose a less serious risk.

Preventive care includes more than just exams and tests. During your annual visit, you should discuss health topics that are relevant to your age and lifestyle, immunizations, and the appropriate exams and screenings.

Riverview Medical Group is here to help you with all of your healthcare needs. If you are looking for an OB/GYN, we have a team of qualified and caring physicians to help meet your needs.

Noblesville OB/GYN

Riverview Hospital Professional Building
355 Westfield Rd., Suite 100
317-773-5876

OB/GYN Specialists of Indiana

Riverview Hospital Women's Pavilion
395 Westfield Rd., Suite B
317-776-9400

