

Women's Health in Your 50s



Now is the time to cultivate your vitality in life and in health. Check out the healthy guidelines below. Then work with your doctor or healthcare provider to personalize the timing of each test to meet your specific health care needs.

GENERAL HEALTH

- ❑ **Full checkup** — including weight and height
- ❑ **Exercise habits** — discuss at your annual exam
- ❑ **Sleep habits** — discuss at your annual exam or anytime you have concerns
- ❑ **Tobacco habits** — discuss with your doctor or healthcare provider
- ❑ **Thyroid (TSH) test** — discuss with your doctor or healthcare provider
- ❑ **HIV screening** — get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease, or used drugs with needles)
- ❑ **Hepatitis C screening** — one time at any age

HEART HEALTH

- ❑ **Blood pressure test** — yearly
- ❑ **Cholesterol panel** — total, LDL, HDL and triglycerides; discuss with your doctor or healthcare provider

BONE HEALTH

- ❑ **Bone density screening** — discuss risk factors for low bone density with your doctor to determine recommended screening

DIABETES

- ❑ **Blood glucose or A1c test** — get screened if you have sustained blood pressure above 130/80, take medicine for high blood pressure or high cholesterol, or are at risk for developing diabetes

COLORECTAL HEALTH

- ❑ **Colonoscopy, fecal occult blood test, flexible sigmoidoscopy** — talk to your doctor or healthcare provider about which screening test is best for you and how often you need it

BREAST HEALTH

- ❑ **Breast self-exam** — become familiar with your breasts so you can identify any changes and discuss with your doctor or healthcare provider

- ❑ **Mammogram** — every 1-2 years; official recommendations vary; discuss the schedule that is right for you with your doctor or healthcare provider

REPRODUCTIVE HEALTH

- ❑ **Pap test** — at least every 3-5 years based on high risk HPV testing
- ❑ **Sexually transmitted infection (STI) tests** — both partners should get tested for STIs, including HIV, before initiating sexual intercourse; get a chlamydia test yearly if you have new or multiple partners

MENTAL HEALTH SCREENING

- ❑ Discuss with your doctor or healthcare provider

EYE AND EAR HEALTH

- ❑ **Comprehensive eye exam** — annually or as recommended by your doctor
- ❑ **Hearing test** — discuss with your doctor or healthcare provider if having any concerns

SKIN HEALTH

- ❑ **Skin exam** — monitor your skin regularly for any changes and discuss with your doctor or healthcare provider as part of your routine full checkup

ORAL HEALTH

- ❑ **Dental cleaning and exam** — every 6-12 months

IMMUNIZATIONS

- ❑ **COVID-19 vaccine** — initial series and boosters
- ❑ **Influenza vaccine** — yearly
- ❑ **Tetanus vaccine** — every 10 years
- ❑ **Herpes zoster vaccine** — two-dose series; discuss with your doctor or healthcare provider

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