

Women's Health in Your 70s



This is the time to give and accept help, and reflect on achievements and your legacy. Check out the healthy guidelines below. Then work with your doctor or healthcare provider to personalize the timing of each test to meet your health care needs.

GENERAL HEALTH

- ❑ **Full checkup** — including weight and height
- ❑ **Sleep habits** — discuss at your annual exam or anytime you have concerns
- ❑ **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** — at least annually
- ❑ **Exercise habits** — discuss at your annual exam
- ❑ **Cholesterol panel** — total, LDL, HDL and triglycerides; discuss with your doctor or healthcare provider

BONE HEALTH

- ❑ **Bone density screening** — get a bone mineral test at least once; talk to your doctor or healthcare provider about repeat testing

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

BREAST HEALTH

- ❑ **Breast self-exam** — become familiar with your breasts so you can identify any changes and discuss with your doctor or healthcare provider
- ❑ **Clinical breast exam** — yearly; discuss with your healthcare provider or doctor if any concerns
- ❑ **Mammogram** — every 1-2 years through age 74; official recommendations vary; discuss the schedule that is right for you with your doctor or healthcare provider

ORAL HEALTH

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

REPRODUCTIVE HEALTH

- ❑ **Pap test** — discuss with your doctor or healthcare provider
- ❑ **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

COLORECTAL HEALTH

- ❑ **Colonoscopy, fecal occult blood test, flexible sigmoidoscopy** — get screened for colorectal cancer through age 75; talk to your doctor or healthcare provider about which screening test is best for you and how often you need it

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

IMMUNIZATIONS

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

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