

Women's Health in Your 40s



Now is the time to turn your awareness of good health into ACTION.

Check out the healthy guidelines below. Then work with your provider to personalize the timing of each test to meet your specific health care needs.

General Health

- ❑ Annual preventive care visit – including weight, height, blood pressure, screenings and creation of individual preventative care plan
- ❑ Chronic health conditions – review current diagnoses and medications at least yearly
- ❑ Sleep habits – discuss at your annual exam
- ❑ Thyroid (TSH) test – discuss with your provider
- ❑ HIV screening – once before age 65; get additional testing if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease or used drugs with needles)
- ❑ Hepatitis C (HCV) screening – get this one time between ages 18 and 79

Heart Health

- ❑ Blood pressure test – at least yearly
- ❑ Cholesterol panel – total, LDL, HDL and triglycerides; discuss with your provider

Bone Health

- ❑ Bone density screening – discuss with your provider

Prediabetes & Diabetes

- ❑ Blood glucose or A1c test – every one to three years if overweight or obese or risk factors are present

Breast Health

- ❑ Breast self-exam – become familiar with your breasts so you can identify any changes and discuss with your provider
- ❑ Mammogram – every one to two years; official recommendations vary; discuss the schedule that is right for you with your provider

Colorectal Health

- ❑ Fecal immunoassay test, FIT-DNA test, flexible sigmoidoscopy, colonoscopy – starting at age 45, get screened for colorectal cancer; talk to your provider about the best screening test for you and how often you need it

Reproductive Health

- ❑ Pap test – every one to 5 years; discuss with your provider
- ❑ Pelvic exam – discuss with your 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

- ❑ Depression screening – yearly

Eye & Ear Health

- ❑ Comprehensive eye exam – baseline exam at age 40, then every two to four years as your provider advises
- ❑ Hearing test – every 10 years

Skin Health

- ❑ Skin exam – monthly self-exam of skin and moles, and as part of a routine full checkup with your provider

Oral Health

- ❑ Dental cleaning and exam – every 12 to 24 months; discuss with your dentist

Immunizations

- ❑ COVID-19 vaccine – discuss with your provider
- ❑ Influenza vaccine – yearly
- ❑ Tetanus-diphtheria-pertussis booster vaccine – every 10 years
- ❑ Pneumococcal vaccine – discuss with your provider
- ❑ Human papillomavirus (HPV) – discuss with your provider
- ❑ Hepatitis A, hepatitis B and meningococcal vaccines – discuss with your provider

For a comprehensive list of Mount Carmel programs and services, and to find a provider, [click here!](#)