

# 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 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

## Lung Health

- ❑ **Low-dose CT** – through age 80 based on current or past smoking history

## 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

## Reproductive Health

- ❑ **Pap test** – every one to five 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

## Colorectal Health

- ❑ **Fecal immunoassay test, FIT-DNA test, flexible sigmoidoscopy, colonoscopy** – talk to your provider about the best screening test for you and how often you need it

## Eye & Ear Health

- ❑ **Comprehensive eye exam** – every two to four years until age 55, then every one to two years
- ❑ **Hearing test** – every three 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** – one or two doses; discuss with your provider
- ❑ **Herpes zoster vaccine (to prevent shingles)** – two doses
- ❑ **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!](#)