

Women's Health in Your 80s



This is the time to give and accept help, and reflect on achievements and the legacy you want to leave.

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 wellness 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** – get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease or used drugs with needles)

Heart Health

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

Bone Health

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

Breast Health

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

Reproductive Health

- ❑ **Pap test** – 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** – 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

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