

AGES & STAGES:

In your 40s

A checklist for women's physical, mental, and sexual wellbeing



Schedule yearly well-woman exams with your provider for:

- ☐ Blood pressure checks
- ☐ Mental health check in
- ☐ Immunization updates
- ☐ General health review
- ☐ Prevention and screenings

Don't forget annual / biannual checkups for:

- ☐ Vision
- ☐ Dental

In your 40s, it's important to talk to your provider about:

SCREENING FOR CANCER - Regular screening gives you the best chance of finding cancer early when it's small and before it has spread. Cancer screenings may include colon, breast, and cervical.

Important tests

- Mammogram - *Once a year*
- Mouth cancer screening - *Once a year*
- Comprehensive eye exam - *Every one to two years*
- Cholesterol - *Every five years*
- Blood sugar tests - *Every two to three years*
- Pelvic exams - *Every one to three years*
- Colon cancer screening - *Starting at age 45, every 10 years or more frequently based history and previous results*
- Pap smears - *Every three to five years based on your history and previous results*
- Skin check - *Once a year to screen for skin cancer*

Continue these checkups throughout your 40s and into your 50s, as recommended by your provider.

