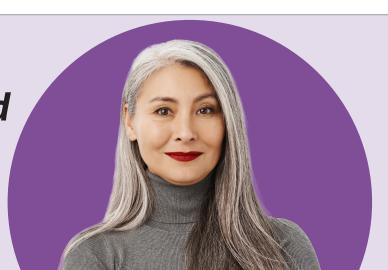
AGES & STAGES:

In your 50s and beyond

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 50s and 60s, it's important to talk to your provider about:

**MENOPAUSE** - Learn to identify the signs and how to best manage symptoms.

**BONE LOSS** - Discuss whether you're at risk of developing osteoporosis.

## **Important tests**

- Bone density test As recommended by your provider based on your individual risk factors
- 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

- Pap smears Every two to three years to test for cervical cancer
- Colon cancer screening Starting at age 45, every 10 years or more frequently based history and previous results
- Skin check Once a year to screen for skin cancer
- Human papillomavirus (HPV) test Every five years

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

