

# 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.

