

Live Healthy

70s
STAY HEALTHY IN YOUR



WOMEN. WISDOM. WELLNESS.

Preventive Health Guidelines ... *now and for a lifetime.*

General Health

- Get an annual checkup.
 - Blood glucose or A1C test, if at risk for diabetes
 - Blood pressure test
 - Bone mineral test
 - Cholesterol panel
 - HIV screening, if at risk
 - Thyroid (TSH) test
- Examine your moles and birthmarks monthly for any changes.

Breast Health

- Examine your breasts at home.
- Get a clinical breast exam (annually).
- Have a mammogram (every 1-2 years until age 74)

Colorectal Health

- Screening options:
 - Colonoscopy
 - Fecal occult blood test
 - Flexible sigmoidoscopy

Eye, Ear and Dental Health

- Have your hearing tested (every 3 years).
- Schedule an eye exam (every 1-2 years).
- See your dentist (every 1-2 years).

Mental Health

- Share concerns with your doctor immediately.

Recommended Immunizations

- Herpes zoster vaccine
- Pneumococcal vaccine
- Seasonal influenza (flu) vaccine (annually)
- Tetanus-diphtheria-pertussis (Tdap) booster vaccine (every 10 years)

Reproductive Health

- See your doctor for a pelvic exam (annually).
- Have a Pap test, if needed.
- Get tested for sexually transmitted infections (STIs), if at risk.

Visit **[ClubWkc.com/LiveHealthy](https://www.clubwkc.com/livehealthy)** for details on our decade-by-decade classes hosted by Dr. Ancy.

Not a member?
Join the club at
[ClubWkc.com](https://www.clubwkc.com).