

Live Healthy

50s

**MOVE FORWARD IN YOUR**



Club *W*

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 density screening
  - Cholesterol panel
  - Hepatitis C (HCV) screening (one time only; if born between 1945-1965)
  - 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).

## Colorectal Health

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

## Eye, Ear and Dental Health

- Have your hearing tested (every 10 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

- 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.

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[ClubWkc.com](https://www.clubwkc.com).