

In your **50s** In the **vitality** of life

Each decade of a woman's life is a "10-year transformation" with opportunities for growth and the pursuit of vibrant health — mind, body and spirit.

As a woman in your 50s, life is full of vital changes. Much like a second adolescence (complete with hormones), this is a chance to remodel your life in any way you like. Now is the time to cultivate your vitality in life and in health.

These are guidelines only. Your doctor or nurse will personalize the timing of each test to meet your specific healthcare needs.



General health

- **Full checkup** — Including weight and height.
- **Sleep habits** — Discuss at your annual exam.
- **Thyroid (TSH) test** — Discuss with your doctor or nurse.
- **HIV screening** — Get this test if you are at risk for HIV infection (unprotected sex, sexually transmitted disease, or used drugs with needle).

Heart health

- **Blood pressure test** — At least every two years.
- **Cholesterol panel** — Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

Bone health

- **Bone density screen** — Discuss with your doctor or nurse.

Diabetes

- **Blood glucose or A1c test** — Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

Breast health

- **Breast self-exam** — Although research results do not support an official recommendation, knowing your body is key to pointing out any concerns to your doctor.
- **Mammogram** — Every 2 years; discuss with your doctor or nurse.



- **Clinical breast exam** — Yearly.

Reproductive health

- **Pap test** — At least every three years.
- **Pelvic exam** — Yearly.
- **Sexually transmitted infection (STI) tests** — Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test if you have new or multiple partners.

Mental health screening

- Discuss with your doctor or nurse.

Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** — Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

Eye and ear health

- **Comprehensive eye exam** — Every 2-4 years until age 55, then every 1-2 years.
- **Hearing test** — Every three years.

Skin health

- **Skin exam** — Monthly self exam of skin and moles and as part of a routine full checkup with your doctor or nurse.

Oral health

- **Dental cleaning and exam** — Every 12-24 months; discuss with your dentist.

Immunizations

- **Seasonal influenza vaccine** — Yearly.

Spirit of
Women

Sources: U.S. Department of Health and Human Services Office on Women's Health
Centers for Disease Control and Prevention