

In your 60s Living with **zest** for 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 60s, you have a perspective and experiences that bring wisdom and zest to life. Defying preconceived notions of aging, you are a source of energy, beauty and inspiration. Take this moment and nurture your health to better mentor and motivate the next generation.

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 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** — Get a bone mineral test at least once at age 65. Talk to your doctor or nurse about repeat testing.

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** — Discuss with your doctor or nurse.
- **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** — 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 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.
- **Tetanus-diphtheria-pertussis booster vaccine** — Every 10 years.
- **Pneumococcal vaccine** — One time only.
- **Herpes zoster vaccine** — (to prevent shingles) One time only; discuss with your doctor or nurse.

Spirit of
Women.

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