

# WOMEN'S HEALTH

Providing comprehensive care for every stage of life

## HEALTH CHECKLIST AT EVERY AGE:

It is important to take care of your health, and that starts with understanding your health risks and recommended screenings at each stage of your life. With the guidelines constantly changing and varying opinions, it can be tricky to keep track! Annual exams and testing can save your life whether you are 21 or 65.

### Know Your History

Find out what health conditions run in both sides of your family. Share your personal and family history with your physician to help determine your risk level for particular conditions or disease.

### Get A Yearly Physical

No matter your age, it is important to find a primary care physician who fits your needs and schedule an annual check-up.

### Maintain a Healthy Weight

Keeping off excess weight through healthy eating and regular exercise can safeguard you from developing long-term health issues.

- Primary Care
- OB/GYN
- Endocrinology
- Mental Health
- Urology
- Dermatology
- Cardiology
- Rheumatology

 **MONUMENT HEALTH**



For more information, scan this QR code with your smartphone or go to [www.monument.health/womenshealth](http://www.monument.health/womenshealth)



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## YOUR HEALTH: 50+

You may be 50 or over, but you don't have to feel limited. An increase in screenings begins during this time in your life and having a trusted primary care physician to help you navigate your health care journey is important.

### SCREENINGS

#### MONTHLY:

- **Self breast exam**

#### ANNUALLY

- **Yearly physical:**
  - Clinical breast exam
  - Blood pressure check
  - Blood test
- **Mammogram**
- **Skin check**

#### EVERY 2 YEARS

- **Bone density testing (DEXA)**
- **Blood sugar testing**  
*(Annually if overweight or high risk)*

#### EVERY 3-5 YEARS:

- **Pelvic exam, pap smear**

#### EVERY 5 YEARS

- **Cholesterol testing**

#### EVERY 10 YEARS

- **Colonoscopy**

#### TALK TO YOUR PHYSICIAN:

- **Menopause symptoms**  
Talk to your primary care doctor or gynecologist about relief options.

### HEALTH TOPICS

#### YOUR 50s:

An increase in screenings begin in your 50s and menopause may begin.

#### YOUR 60s:

At 60, it is time to consider a bone density test and supplementation if necessary.

#### YOUR 70s:

As you move into your 70s, nutrition and staying physically and mentally active becomes vital as fall risks and hip injuries may occur.

### HEALTH RISKS

- Stroke
- Colon cancer
- Ovarian cancer
- Heart disease
- Osteoporosis
- Diabetes
- Arthritis
- Dementia
- Depression

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## LIFESTYLE TIPS:

- Keep off excess weight to prevent a number of diseases.
- Find fun ways to stay fit.
- Get enough sleep.
- Love your changing body.