



# Key Health Screenings to Keep You Thriving After 50.



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**A**s you gracefully age into your 50s and beyond, you're well aware of the importance of good nutrition, engaging in regular physical activity, and embracing a healthy lifestyle. But maintaining your well-being also involves regular screenings and checkups that can be crucial for early detection and effective treatment. While some screenings apply to both men  and women , others are gender specific.



Here's a convenient guide to help you stay on top of your health. As you age or experience health changes, consult with your doctor to tailor screenings to your specific needs.

## EVERY YEAR

### **Skin Screening**

Visit a dermatologist annually for a comprehensive skin exam to catch early signs of skin cancer.

### **Heart health screening**

Every 1-2 years, test for coronary artery disease, including blood pressure screenings.

### **Testicular Exam**

Conduct a monthly self-exam and an annual checkup with a doctor to detect signs of testicular cancer.

### **Mammogram**

Women should have their first mammogram between 40 - 50, repeated every 1 to 2 years until age 75 along with monthly self-exams.

## EVERY 2-4 YEARS

### **Prostate Screening**

Recommended every 2 years beginning at age 50 including a physical exam and PSA blood test. Frequency depends on personal risks.

### **Bone Density Test**

Measures bone strength and screens for osteoporosis. Recommended every 2-3 years beginning at age 65.

### **Diabetes screening**

Undergo blood sugar testing every 3 years.

### **Eye and Ear Exam**

Evaluate your hearing and vision every 2 years or as advised by your doctor.



## ✓ EVERY 5-10 YEARS

### **Cholesterol Screening**

Requires a simple blood draw to check your levels with cholesterol management based on lifetime cardiovascular risk.

### **Colorectal cancer screenings**

A colonoscopy is one of several screening tests for colorectal cancer. It's recommended every 5 years but speak with your doctor about the frequency that's best for you.

### **👤 Cervical cancer screening**

Women should be screened and get a primary HPV test every 5 years from ages 30 to 65.

### **👤 Bone density screening**

After menopause, estrogen levels drop sharply, and bone mass loss increases. Starting at age 65, routine bone scanning for women is recommended.



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1630 43rd Ave E., Seattle, WA 98112



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*The information presented here has been gathered from a variety of sources, including the American Cancer Association, National Institutes of Health, Centers for Disease Control, and The Washington Post.*