



Key Health Screenings to Keep You Thriving After 50.

As 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.



Visit TraditionLiving.org or give us a call at 763-325-8767 to learn more about Tradition.



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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.