

Health screenings – women ages 65 and older

Women ages 65 and older should get a physical exam once a year. Talk to your doctor about which ones you should consider at your next exam.

<p>✓ <u>Blood Pressure Screening</u></p>	<ul style="list-style-type: none"> • Have your blood pressure checked every year. • If you have diabetes, heart disease, or kidney problems, you may need to be checked more often.
<p>✓ <u>Breast Exam/ Mammogram</u></p>	<ul style="list-style-type: none"> • Your provider should do a complete breast exam as part of your preventive exam. • Women up to age 75 should have a mammogram every 1 to 2 years, depending on their risk factors, to check for breast cancer. • Talk to your provider about whether you need a mammogram after age 75.
<p>✓ <u>Cholesterol Screening</u></p>	<ul style="list-style-type: none"> • If your cholesterol level is normal, have it rechecked every 3 to 5 years. • If you have diabetes, heart disease, or kidney problems, you may need to be checked more often.
<p>✓ <u>Colon Cancer Screening</u></p>	<ul style="list-style-type: none"> • Until age 75, you should have one of the following screening tests: <ul style="list-style-type: none"> ○ A stool test done every year ○ Flexible sigmoidoscopy every 5 - 10 years, along with a stool guaiac test ○ Colonoscopy every 10 years • You may need more frequent screenings if you have a family history of colon cancer.
<p>✓ <u>Diabetes Screening</u></p>	<ul style="list-style-type: none"> • If you are age 65 or older and in good health, you should be screened for diabetes every 3 years. • If you are overweight and have other risk factors for diabetes, you may need to be screened more often.
<p>✓ <u>Immunizations</u></p>	<ul style="list-style-type: none"> • If you are age 65 or older, get a pneumococcal vaccine if you have never had one, or if it has been more than 5 years since you had the vaccine. • You should get a flu shot each year. • Get a tetanus-diphtheria booster every 10 years. • You may get a shingles or herpes zoster vaccine after age 60.

<p>✓ <u>Infectious Diseases</u></p>	<ul style="list-style-type: none"> • Depending on your lifestyle and medical history, you may need to be screened for syphilis, chlamydia, and HIV.
<p>✓ <u>Lung Cancer</u></p>	<ul style="list-style-type: none"> • You should get screened for lung cancer annually if you are age 55-80 and: <ul style="list-style-type: none"> ○ Have a 30 pack-year smoking history AND ○ Currently smoke or have quit within the past 15 years
<p>✓ <u>Osteoporosis Screening</u></p>	<ul style="list-style-type: none"> • All women over age 64 should have a bone density test
<p>✓ <u>Pelvic Exam and Pap Smear</u></p>	<ul style="list-style-type: none"> • After age 65, most women can stop having Pap smears as long as they have had 3 negative tests within the past 10 years.