



Health Tips from HealthPerks

Women in their 50s are busier than ever exploring new opportunities and focusing on the things that make them happy and keep them fulfilled. This is the decade when good habits and preventative care will really pay off — and help keep you healthy and energized. But if you haven't paid as much attention to your health as you should, it's not too late. You can take charge of your changing healthcare needs and thrive in your 50s and beyond by making your health a priority now. These tips and reminders can help.

New Areas of Focus and Consideration in Your 50s

- Urinary tract health and incontinence
- Depression screening
- Full medication review, including supplements and prescriptions
- Additional vaccinations, including a two-dose shingles vaccine
- Colonoscopy screening
- Lung cancer screening, if at risk
- Full audiology (hearing) assessment
- Bone density screening if you've had a fracture or are at risk
- Menopause and hormone management, including HRT if recommended
- Post-menopause weight gain/management

Ongoing General Health Priorities

- Changes in height, weight, pulse and blood pressure
- Mental and emotional health evaluation, including stress
- Sleep habits
- Diabetes screening
- Pelvic exam and pap test
- Sexual health
- Breast exam
- Skin health/evaluation
- Vision and hearing
- Oral health
- Cholesterol screening



Recommended Check-ups, Screenings and Immunizations for Women in Their 50s

Of course, every woman is different and may have unique medical risks and concerns. It's important to develop a trusting relationship with your doctor and together determine how to best prevent, monitor or treat health issues and risks. The following important guidelines can help you manage your health with your doctor's recommendations.

Screening/Description	Starting Age	Frequency
General Check-ups and Screenings		
Complete primary care check-up	Ongoing	Yearly
Blood pressure and pulse	Ongoing	Yearly
Cholesterol panel (total, HDL, LDL, triglycerides)	Before 50	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	Before 50	Every 1-3 years based on risk
Thyroid function (TSH; possibly T ₃ , T ₄ , free T ₄)	Before 50	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
Gynecological Health and Breast Screening		
Pelvic exam	Before 50	Yearly
Pap smear	Before 50	Every 1-2 years, as recommended by doctor
Sexual health evaluation	When sexually active	Yearly
Menopause, peri-menopause and hormone levels	When needed/symptomatic	As recommended by doctor
STI screening	When needed	As recommended based on risk
Clinical breast exam	Before 50	Yearly
Mammogram	Before 50	Yearly
Other Specialty Check-ups and Screenings		
Colonoscopy	At 50; earlier if at risk	Every 5-10 years
Hearing check	Baseline by 50	As recommended by doctor
Vision check	Before 50	As recommended by doctor
Skin check	Before 50	Yearly, or as recommended by doctor
Bone density screening	When needed based on risk	As recommended by doctor
Immunizations		
Flu shot	Ongoing	Yearly
Tetanus, diphtheria, pertussus (Tdap) booster	Ongoing	Every 10 years
Measles, mumps, rubella (MMR) booster	Depends on vaccination date	One time, if needed
Hepatitis A&B	When at risk	After three doses, protection lasts 25 years
Shingles vaccination (two shots)	After 50	Two shots offer lifetime protection
Specific vaccinations required for some foreign travel	When recommended	As recommended by doctor