



# Health Tips from HealthPerks

By the time you reach your 60s, you have wisdom, perspective and an ability to handle most anything that comes your way. That's why so many women in their 60s say they are happier than ever. Of course, good health is also more important than ever, but women in their 60s and beyond are proving that managing their health and staying well is possible at any age. Your health should be one of your top priorities, so make sure you're doing all you can to protect it with these tips and reminders.

## New Areas of Focus and Consideration in Your 60s

- Osteoporosis screening and bone density testing
- Memory and dementia evaluation
- Balance and strength preservation
- Sexual health changes, including painful intercourse
- Pneumonia vaccine
- Foot health evaluation
- Sense of smell and taste decline/assessment
- Nutritional/diet assessment
- Determine long-term care goals and designate health care proxy

## Ongoing General Health Priorities

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



## Recommended Check-ups, Screenings and Immunizations for Women in Their 60s

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
<b>General Check-ups and Screenings</b>		
Complete primary care check-up	Ongoing	Yearly
Blood pressure and pulse	Ongoing	Yearly
Cholesterol panel (total, HDL, LDL, triglycerides)	Before 60	Every 2-5 years, as recommended by doctor
Blood glucose and A1C tests	Before 60	Every 1-3 years based on risk
Thyroid function (TSH; possibly T <sub>3</sub> , T <sub>4</sub> , free T <sub>4</sub> )	Before 60	As recommended by doctor
Mental and behavioral health assessment	Ongoing	Yearly
Sleep habits and issues	Ongoing	Yearly
<b>Gynecological Health and Breast Screening</b>		
Pelvic exam	Before 60	Yearly
Pap smear	Before 60	Every 1-3 years, as recommended by doctor
Sexual health evaluation	When sexually active	Yearly
Hormone levels	When needed/symptomatic	As recommended by doctor
STI screening	When needed	As recommended based on risk
Clinical breast exam	Before 60	Yearly
Mammogram	Before 60	Yearly
<b>Other Specialty Check-ups and Screenings</b>		
Colonoscopy	Before 60	Every 5-10 years, based on results
Hearing check	Before 60	As recommended by doctor
Vision check	Before 60	Every 1-2 years, or as recommended by doctor
Skin check	Before 60	Yearly, or as recommended by doctor
Bone density screening	By age 65	Every 10 years, or as recommended by doctor
<b>Immunizations</b>		
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
Pneumococcal (pneumonia) vaccination	By age 65	Two shots offer lifetime protection
Specific vaccinations required for some foreign travel	When recommended	As recommended by doctor