



The information shared in this brochure are recommendations only. Please consult with your health care physician regarding risk factors and/or concerns.

If you need a healthcare provider, please call our free physician referral line at (859) 301-DOCS (3627).



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Women's Wellness

Recommendations for Health: Ages 50-59



EVERY DAY

- Exercise 30 minutes per day.
- Avoid tobacco products and second-hand smoke. For help in quitting, call Holistic Health at (859) 301-5959 or the Quit Line 1-800-QUIT-NOW.
- Wear sunscreen.
- If you drink alcohol, no more than one drink per day. A standard drink is one 12-ounce bottle of beer or wine cooler, one five-ounce glass of wine.
- It is important to be aware of your mental and emotional wellness. Please discuss with your health care provider.
- Be aware of your stress level.

EVERY MONTH

- Perform a full-body self examination for unusual moles or other skin condition. See your health care provider for any suspicious findings.
- Be aware of your weight and body mass index (BMI).
- Breast self-exam (BSE).

EVERY YEAR

- Annual evaluation for weight, body mass index (BMI) and waist circumference.
- Check your skin regularly. If you have a spot that is changing, growing, itching or bleeding, or a new mole, make an appointment to see your health care provider.
- HIV testing at least once to find out your HIV status. Ask your doctor or nurse if and when you need the test again.
- Check blood pressure every office visit or at least every two years if blood pressure is less than 120/80 mmHg (more often if you have a higher risk).
- Screen cholesterol every five years for average risk individuals; More often if: total cholesterol over 200 mg/dl; HDL less than 50 mg/dl; LDL over 100 mg/dl; triglycerides 150mg/dL or higher; you have other risk factors for heart disease and stroke.
- Know the signs of heart attack and stroke.
- Osteoporosis: Bone mineral density (BMD) test recommended for women with a prior fracture, and as recommended for certain medications and nutritional conditions and low body weight.
- Fasting Blood Glucose (get a baseline if you do not have one, then every three years, and may be required more often if you are pregnant, overweight, diabetic or at risk for becoming diabetic).
- Yearly mammograms are recommended starting at age 40.
- Clinical breast exam (CBE) every year for women 40 and over. Breast self exam (BSE) is an option. Discuss benefits and limitations with your health care provider.
- Beginning at age 30, women with three normal Pap in a row may get screened every two to three years. (Should have HPV screening.)
- Beginning at age 50, flexible sigmoidoscopy every five years*, or colonoscopy every 10 years, or barium enema every five years* (*if abnormal, follow with colonoscopy).
- Dental exam routinely; discuss with your dentist.
- Know yourself, your family history and your risks! Discuss with your provider whether genetic counseling may be appropriate.