

I N Y O U R  
**FIFTIES**

Now is the time to cultivate  
your vitality in life  
and in health.

Check out the **healthy guidelines**  
on the back of this card.  
Then work with your doctor  
or nurse to personalize  
the timing of each test to meet  
your specific health care needs.

*Spirit of*   
**Saint Agnes**

# In Your Fifties

## General health

- **Full checkup** – Including weight and height.
- **Sleep habits** – Discuss at your annual exam.
- **Thyroid (TSH) test** – Discuss with your doctor or nurse.
- **HIV screening** – Get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease, or used drugs with needles).
- **Hepatitis C (HCV) screening** – Get this one-time screening if you were born between 1945 and 1965.

## Heart health

- **Blood pressure test** – At least every two years.
- **Cholesterol panel** – Total, LDL, HDL and triglycerides; discuss with your doctor or nurse.

## Bone health

- **Blood density screen** – Discuss with your doctor or nurse.

## Diabetes

- **Blood glucose or A1c test** – Get screened if you have sustained blood pressure greater than 135/80, take medicine for high blood pressure, or are at risk for developing diabetes.

## Breast health

- **Breast self-exam** – Become familiar with your breasts so you can identify any changes and discuss with your doctor or nurse.
- **Clinical breast exam** – Yearly.
- **Mammogram** – Every 1-2 years. Official recommendations vary. Discuss the schedule that is right for you with your doctor or nurse.

## Reproductive health

- **Pap test** – At least every three years.
- **Pelvic exam** – Yearly.

- **Sexually transmitted infection (STI) tests** – Both partners should get tested for STIs, including HIV, before initiating sexual intercourse. Get a chlamydia test yearly if you have new or multiple partners.

## Mental health screening

- Discuss with your doctor or nurse.

## Colorectal health

- **Fecal occult blood test, flexible sigmoidoscopy, colonoscopy** – Starting at age 50, get screened for colorectal cancer. Talk to your doctor or nurse about which screening test is best for you and how often you need it.

## Eye and ear health

- **Comprehensive eye exam** – Every 2-4 years until age 55, then every 1-2 years.
- **Hearing test** – Every three years.

## Skin health

- **Skin exam** – Monthly self-exam of skin and moles, and as part of a routine full checkup with your doctor or nurse.

## Oral health

- **Dental cleaning and exam** – Every 12-24 months; discuss with your dentist.

## Immunizations

- **Seasonal influenza vaccine** – Yearly.
- **Tetanus-diphtheria-pertussis booster vaccine** – Every 10 years.

Visit [samc.com](http://samc.com) to find a doctor, or for a full listing of Saint Agnes Medical Center's programs and services.

