

In your **40s** With the **spirit** of life

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation and the pursuit of vibrant good health — mind, body and spirit.



As a woman in your 40s, you have "caught the spirit" of your life. You are recognizing what challenges you and discovering pathways to success and satisfaction. Now is the time to turn your awareness of good health into ACTION.

To take action for your health in your 40s:

Every day, be:

- Physically active
- Nutritionally smart
- In-the-know about preventive screenings

Skin

- Annual mole and overall skin exam
- Practice monthly self-exam of all moles

Heart

- Cholesterol panel – total, LDL, HDL and triglycerides
- Blood pressure – at least once every two years

Breast

- Baseline mammogram – then every one to two years

Reproductive

- Internal exam with Pap test – every one to three years

Bones

- Bone density test – talk to your healthcare provider

Eyes, Ears and Teeth

- Vision exam – every two to four years
- Hearing exam – every ten years
- Semiannual dental visits for exam and cleaning

General

- Immunizations
 - Tetanus once every TEN years
- Thyroid test (TSH) – every five years
- Diabetes check – fasting blood glucose – every three years

Spirit of
Women.