

In your **50s** In the **vitality** 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 50s, life is full of vital changes. Much like a second adolescence (complete with hormones) life now offers you a chance at transformation. Now is the time to cultivate your vitality in life and in health.



To nourish your vitality in your 50s:

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

- Mammogram – 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

Colorectal

- Annual fecal occult blood test
- Rectal exam – every five to ten years
- Sigmoidoscopy – every five years (if not having colonoscopy)
- Colonoscopy – every ten years

Eyes, Ears and Teeth

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

General

- Immunizations
 - Tetanus once every TEN years
 - Influenza – yearly
 - Pneumococcal – one time only
- Thyroid test (TSH) – every five years
- Diabetes check – fasting blood glucose – every three years