

In your **70s** and beyond In the reflection 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.

In the reflection of life...

Time to give and accept help, share life secrets, reflect on your achievements and the legacy you want to leave behind.



To put the shine on your golden years in your 70s:

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 – discuss with your healthcare provider

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 one to two 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
 - Herpes zoster vaccine – one time only
- Thyroid test (TSH) – every five years
- Diabetes check – fasting blood glucose – every three years

