

# Staying Healthy At Any Age for Women!

## What can you do to stay healthy and prevent disease?

You can get certain screening tests, take preventive medicine if you need it, and practice healthy behaviors.

Top health experts from the U.S. Preventive Services Task Force suggest that when you go for your next checkup talk to your doctor or nurse about how you can stay healthy no matter what your age.

Screening tests, such as mammograms and Pap smears, can find diseases early when they are easier to treat. Some women need certain screening tests earlier, or more often, than others.

### Talk to your doctor about which of the tests listed below are right for you, when you should have them, and how often.

- **Mammograms:** Have a mammogram every 1 to 2 years starting, at age 40.
- **Pap Smears:** Have a Pap Smear every 1 to 3 years if you have been sexually active or are older than 21.
- **Cholesterol Checks:** Have your cholesterol checked regularly starting at age 45. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
- **Blood Pressure:** Have your blood pressure checked at least every 2 years.
- **Cancer Tests:** Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. To test for ovarian or primary peritoneal cancer check with a Gynecologist about having a CA-125 blood test. There may be an extra charge as most health plans will not compensate for this test. But it may save your life.
- **Diabetes Tests:** Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
- **Depression:** If you've felt "down," sad, or hopeless, and have felt little interest or pleasure in doing things for two weeks straight, talk to your doctor about whether he or she can screen you for depression.
- **Osteoporosis Tests:** Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones). If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about whether you should be tested.
- **Chlamydia Tests and Tests for Other Sexually Transmitted Diseases:** Have a test for Chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor to see whether you should be tested. Also, see whether you should be tested for other sexually transmitted diseases.
- **Full Body Scans:** Check with a Dermatologist and your health plan for an annual full body scan to detect early signs of skin cancer.

### Should You Take Medicines to Prevent Disease?

- **Hormones:** According to recent studies, the risks of taking the combined hormones estrogen and progestin after menopause to prevent long-term illnesses outweigh the benefits. Talk to your doctor about whether starting or continuing to take hormones is right for you.
- **Breast Cancer Drugs:** If your mother, sister, or daughter has had breast cancer, talk to your doctor about the risks and benefits of taking medicines to prevent breast cancer.
- **Aspirin:** Talk to your doctor about taking aspirin to prevent heart disease if you are older than 45 and have high blood pressure, high cholesterol, diabetes, or if you smoke.
- **Immunizations:** Stay up-to-date with your immunizations: Have a flu shot every year starting at age 50. Have a tetanus-diphtheria shot every 10 years and a pneumonia shot once at age 65. Talk to your doctor to see whether you need hepatitis B shots.

	The last time I had the following screening test was: (mm/yy)	I should schedule my next test for: (mm/yy)
Mammogram		
Pap Smears		
Cholesterol		
Blood Pressure		
Cancer		
Diabetes		
Osteoporosis		
Chlamydia		
Body Scan		

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