

# In Your 50s

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

These are guidelines only. Your healthcare provider will personalize the timing of each test to meet your specific healthcare needs.

## General health

- **Full checkup** – Including weight and height.
- **Sleep habits** – Discuss at your annual exam.
- **Thyroid (TSH) test** – Discuss with your healthcare provider.
- **HIV screening** – Get this test if you are at risk for HIV infection (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 healthcare provider.

## Bone health

- **Bone density screen** – Discuss with your healthcare provider.

## 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.

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**action**



## Breast health

- **Breast awareness** – Know how your breasts normally look and feel so you can report any changes to your healthcare provider.
- **Clinical breast exam** – Yearly.
- **Mammogram** – Yearly, starting at age 40.

## Gynecologic 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 if you have new or multiple partners.

## Mental health screening

- Discuss with your healthcare provider.

## Digestive/colorectal health

- **Colonoscopy** – Starting at age 50, get screened for colorectal cancer. Repeat every 10 years or as recommended by your healthcare provider.

## 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 healthcare provider.

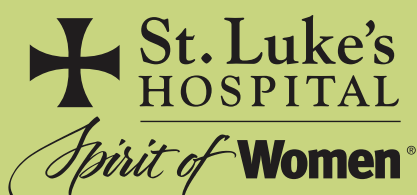
## Oral health

- **Dental cleaning and exam** – Discuss with your dentist the right frequency for you.

## Immunizations

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

Sources: U.S. Department of Health and Human Services Office on Women's Health, Centers for Disease Control and Prevention



As the area's exclusive Spirit of Women hospital, St. Luke's is committed to providing leading health services and education to help women and their families achieve their best health. For more information or to join St. Luke's Spirit of Women membership program, visit [stlukes-stl.com](http://stlukes-stl.com) or call 314-205-6654.

**Services at St. Luke's for women in their 50s include:**

- **Brain and Spine Services** – The Brain and Spine Center has an experienced team of physicians and specialists in neurosurgery, neurology, pain management and physical therapy. Services include diagnosis and surgical and non-surgical treatment options for neurological conditions and injuries to the spine and nervous system, including neck, back and headache pain.
- **Digestive Health Services** – Starting at age 50, it is recommended to have a colonoscopy. For help scheduling one with a gastroenterologist, call St. Luke's Physician Referral Service at 314-205-6060.
- **Heart Services** – St. Luke's Hospital Heart & Vascular Institute, affiliated with Cleveland Clinic's Heart & Vascular Institute, ranked #1 in the nation for heart care, provides diagnostic evaluation and a full range of treatment options for women with cardiovascular disease. Services include diagnostic, medical, surgical and cardiac rehabilitation care, a WomenHeart® support group and a second opinion program (Call 314-205-6801 to schedule a consultation).
- **Mammography Services** – St. Luke's recommends annual screening mammograms, beginning at age 40. St. Luke's offers comprehensive, personalized screening and diagnostic breast health services including: several locations for 2D and 3D mammography, a risk assessment and management program, breast ultrasound and MRI, and breast care coordinators.
- **Orthopedic Services** – St. Luke's Orthopedic and Total Joint Center offers a full complement of orthopedic services where leading edge treatments are individualized to each patient.
- **Osteoporosis Services** – St. Luke's physicians diagnose and treat osteoporosis and other bone-loss disorders. Bone densitometry testing, performed by registered radiology technologists, is used to detect bone loss at an early stage.
- **Pelvic Health Services** – St. Luke's offers a comprehensive approach to evaluation, management and treatment of incontinence, bladder control issues, pelvic organ prolapse and pelvic floor disorders. Resources include a pelvic health nurse navigator, a fitness and educational program (Total Control), pelvic health therapy and urogynecologic specialty care in female pelvic medicine and reconstructive surgery.
- **Sleep Medicine Services** – The Sleep Medicine and Research Center provides comprehensive services related to the diagnosis and treatment of all types of sleep problems, including difficulty falling or staying asleep; breathing problems and abnormal occurrences during sleep; and daytime sleepiness and fatigue.
- **Specialty Surgical Services** – St. Luke's offers personalized, outpatient care for the diagnosis and treatment of gynecologic conditions.
- **Other Helpful Services**
  - Classes & Events ([stlukes-stl.com](http://stlukes-stl.com)): ..... 314-542-4848
  - Physical Therapy & Wellness Services:..... 314-542-4800
  - Physician Referral Service: ..... 314-205-6060
  - Sleep Medicine and Research Center:..... 314-205-6030
  - Urgent Care Centers: ..... 314-205-6200
  - Women's Health Information & Pelvic Health Navigator: ..... 314-205-6654

**For optimal health, at least 30 minutes of physical activity most days of the week is recommended. For more information, visit [stlukes-stl.com](http://stlukes-stl.com).**

*St. Luke's Hospital is a member of Spirit of Women®, a network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in health, education, and community outreach.*