

# In Your 60s

During this decade, nurture your health to mentor and motivate the next generation.

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.

# Rone health

Bone density screen — Get a bone mineral test at least once at age 65. Talk to your healthcare provider about repeat testing.

# 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.

# **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.

#### Gvnecologic health

- Pap test Discuss with your healthcare provider.
- 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 — Get screened for colorectal cancer every 10 years or as recommended by your healthcare provider.

#### Eve and ear healtl

- Comprehensive eye exam 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.

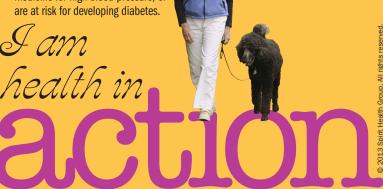
# **Oral healt**

Dental cleaning and exam — Discuss with your dentist the right frequency for you.

# Immunization

- Seasonal influenza vaccine Yearly.
- Tetanus-diphtheria-pertussis booster vaccine Every 10 years.
- Pneumococcal vaccine One time only.
- Herpes zoster vaccine (to prevent shingles) One time only; discuss with your healthcare provider.

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 or call 314-205-6654.

### Services at St. Luke's for women in their 60s 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 asleep or staying asleep; breathing problems during sleep; other abnormal occurrences during sleep; and daytime sleepiness or 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):	314-542-4848
Physical Therapy & Wellness Services:	314-542-4800
Physician Referral Service:	
Sleep Medicine and Research Center:	314-205-6030
Urgent Care Centers:	
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.

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. 12/2017 3-3735

12/4/17 | 11:19 AM Spirit of Women Decade Cards 60s.indd