

In Your 70s and beyond

This is the time to give and accept help, and reflect on achievements and the legacy you want to leave.

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).

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** – Get a bone mineral test at least once. 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.

- **Mammogram** – Yearly, starting at age 40.
- **Clinical breast exam** – Yearly.

Gynecologic 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 through age 75. Talk with your healthcare provider about how often you need it.

Eye and ear health

- **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 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.
- **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

*I am
health in
action*





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 70s 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.
- **Senior Services** – St. Luke's offers a full complement of services to address the health and wellness needs of older adults, including Home Health and Hospice services, short-term rehabilitation at its specialized Rehabilitation Hospital, and assisted living and skilled nursing services at St. Luke's Surrey Place.
- **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: 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.

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.