

## In your **60s** In the **zest** 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.**

**A**s a woman in your 60s and beyond, you now have a perspective (and experiences) that bring wisdom and zest to life. Defying preconceived notions of aging, you are a source of energy, beauty, and inspiration. Now is the time to nurture your health to better mentor and motivate the next generation.



**To maintain your health and zest for life in your 60s and beyond:**

### **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

*Spirit of*  
**Women**

For more information, visit: [spiritofwomen.com/life\\_60s.html](http://spiritofwomen.com/life_60s.html)