

CITEM Clinic

Women's Health





Improving women's health across lifespan through prevention

LIVE HEALTHY BY AGE



Steps you can take for good Health



In your 20's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-9 hrs
- Take 400-800mcg of folic acid
- Check your Blood Pressure and Cholesterol level
- Pap Smear (≥ 21 and older)
- Vaccines needed: Flu, Hep B and Hep C, HPV, MMR, Tdap or Td, Varicella
- Talk to your doctor: pregnancy or birth control, tobacco and alcohol, violence, mental health concern, and family health history



In your 30's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-9 hrs
- Take 400-800mcg of folic acid
- Check your Blood Pressure and Cholesterol level
- OB Check: Pap Smear and HPV
- Vaccines needed: Flu, Hep B and Hep C, MMR, Tdap or Td, Varicella
- Talk to your doctor: pregnancy or birth control, tobacco and alcohol, violence, mental health concern, and family health history (cancer risk)



In your 40's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-9 hrs
- Take 400-800mcg of folic acid (for premenopausal women)
- Check your Blood Pressure, Blood Sugar and Cholesterol level
- OB check: Pap Smear, HPV, Mammogram
- Vaccines needed: Flu, Hep B and Hep C, MMR, Tdap or Td,
- Talk to your doctor: pregnancy or birth control, perimenopausal symptoms, tobacco and alcohol, violence, mental health concern, and family health history (cancer risk)



In your 50's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-9 hrs
- Check your Blood Pressure, Blood Sugar and Cholesterol level
- Check for Lung cancer (≥ 55 , smoker or quit smoking within last 15 yrs), Colorectal Cancer
- Check for Osteoporosis
- OB check: Pap Smear, HPV, Mammogram
- Vaccines needed: Flu, Hep B and Hep C, MMR, Tdap or Td, Varicella
- Talk to your doctor: menopause symptoms, tobacco and alcohol, violence, mental health concern, and family health history (cancer risk)



In your 60's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-8 hrs
- Check your Blood Pressure, Blood Sugar and Cholesterol level
- Check for Lung cancer (if you smoke now or quit smoking within last 15 yrs) and Colorectal cancer
- Check for Osteoporosis (≥ 65 yr old)
- OB check: Pap Smear and HPV (≤ 65 yr old), Mammogram
- Vaccines needed: Flu, Hep B and Hep C, Shingles, Pneumonia Tdap or Td, Varicella
- Talk to your doctor: tobacco and alcohol, violence, mental health concern, and health care decisions if you you are not able to



In your 70's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-8 hrs
- Check your Blood Pressure
- Check for Lung cancer (80 and younger or quit smoking within last 15 yrs) and Colorectal cancer
- Check for Osteoporosis
- Vaccines needed: Flu, Hep B and Hep C, Shingles, Pneumonia Tdap or Td, Varicella
- Talk to your doctor: tobacco and alcohol, violence, mental health concern, and health care decisions if you you are not able to



In your 80's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-8 hrs
- Check your Blood Pressure
- Check for Lung cancer (80 and younger, smoker or quit smoking within last 15 yrs) and Colorectal cancer
- Check for Osteoporosis
- OB check: Mammogram (74 and younger)
- Vaccines needed: Flu, Hep B and Hep C, Shingles, Pneumonia Tdap or Td, Varicella
- Talk to your doctor: tobacco and alcohol, violence, mental health concern, and health care decisions if you you are not able to



In your 90's

- Eat Healthy
- Do at least 30mins of Physical Activity
- Sleep at least 7-8 hrs
- Check your Blood Pressure
- Check for Lung cancer (≥ 55 , smoker or quit smoking within last 15 yrs) and Colorectal cancer
- Check for Osteoporosis
- OB check: Mammogram (74 and younger)
- Vaccines needed: Flu, Hep B and Hep C, Shingles, Pneumonia Tdap or Td, Varicella
- Talk to your doctor: tobacco and alcohol, violence, mental health concern, and health care decisions if you you are not able to

Resources

- *Healthy living by Age. Office on Women's health.* <https://www.womenshealth.gov/healthy-living-age/your-90s>
- *Adult Immunization Schedule. Center for Disease Control and Division.* <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#table-age>
- *Women's Preventive Service Guidelines. Health Resources and Services Administration.* <https://www.hrsa.gov/womens-guidelines-2016>
- *2015-2020 Dietary Guidelines.* <https://health.gov/dietaryguidelines/2015/guidelines/#navigation>