



Exams and Tests for Women Over Forty

Midlife heralds the natural transition into menopause and a new state of beauty. Much like the passage from childhood to adolescence – perimenopause and menopause can be a time of hormonal turbulence and symptoms. But, you can move through this time with confidence by fully understanding your own health status through appropriate health assessments and screenings.

Midlife is the perfect time once again say “hello” to your whole self and establish a new foundation for your health future!

Preventive Health Guidelines for Midlife Women

These are recommendations for midlife women at average risk for most diseases. When in a high risk group for disease and/or experiencing symptoms time frame should be defined by your primary provider.

Age Appropriate Health Assessments and Screenings	40-49 YEARS	50+ YEARS
 <p>General Health</p>	Comprehensive History & Physical Examination Every 1 – 2 Years	
	Includes	Comprehensive History: Current health status, personal health history, family health history, social history addressing roles within family, work, friends, lifestyle factors of nutrition, movement, sleep.
	Comprehensive Physical Examination: Height, weight, BP, ears, nose, throat, thyroid, heart, lungs, breasts, abdomen, pelvis, rectum.	
Risk Behavior Screening	Review lifestyle habits such as: tobacco use, stress factors, alcohol and drug abuse, weight loss or gain, sexual practices, sun exposure, household hazards, and motor vehicle use.	
Hormonal Health	Saliva or Serum Testing: Understanding personal hormone balance through saliva or serum. Hormone measurement options: Estradiol (E2), Estriol (E3), Estrone (E1), Progesterone, Testosterone (Total and Free), DHEA & DHEA-S, Androstenedione, Cortisol, Insulin, Glucose Follicle Stimulating Hormone (FSH), Luteinizing Hormone (LH), Thyroid Stimulating Hormone (TSH), T3, T4	

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Heart Health	Blood Pressure Test at least every two years Cholesterol, Lipids (HDL & LDL), Triglycerides: Baseline at 45, then every 5 years	
		Baseline EKG in 50's
Breast Health	Mammogram yearly until 65, then every 1-2 years Clinical Breast Exam (done by provider) every 1-2 years Breast Self Exam Monthly	
Pelvic Health	Pap Test and Pelvic Exam every 1-2 years Chlamydia Test if at risk Sexually Transmitted Disease (STD) Tests if at risk Seek medical care if unexpected vaginal bleeding, clots, uncontrolled periods. Additional tests may include: pelvic cultures, ultrasound, sonohystogram, endometrial biopsy	
Bone Health		Baseline bone mineral density screen in 50's such as Dexascan or Sahara heel ultrasound
Gastrointestinal Health	Digital Rectal Exam every 1-2 years	
		Fecal occult blood yearly Flexible sigmoidoscopy every 5 years or colonoscopy baseline at 50 then every 10 years or double contrast barium enema every 5-10 years

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Skin Health	Monthly mole self-exam, by provider every 1-2 years	
Eye and Ear Health	Eye exam every 1-2 years Hearing test every 10 years	
Oral Health	Dental Cleaning and Exam 1-2 per year	
Immunizations	Tetanus-Diphtheria (Td) Booster Vaccine every 10 years	
	Influenza: Discuss with Provider	Influenza: Yearly

Sources: U.S. DHHS Office on Women's Health, American College of Obstetricians/Gynecologists, American Academy of Family Practice, American Heart Association, American Cancer Society, National Heart, Lung, Blood Institute