It’s important to take care of your health, & that starts with understanding your health risks & recommended screenings at each stage of your life.
No matter your age, it’s important to find a primary care physician you like and schedule an annual check-up.

Yearly visits are the best way to detect any changes in your health before they develop into bigger issues.

- Blood pressure check
- Blood test
- Clinical breast exam
- Urine analysis
- Weight recorded

**Know Your History**

Find out what health conditions run in both sides of your family. Sharing your personal & family history will help your physician determine your risk level for any particular condition or disease.

**Maintain a Healthy Weight**

Keeping off excess weight can safeguard you from developing long-term health issues like type 2 diabetes, heart disease, high blood pressure, arthritis and sleep apnea.

**Quit Smoking**

If you are a smoker, quitting should be a top priority in your life. If you quit smoking your risk of cancer and other diseases will decrease significantly. Talk to your doctor about resources that can help you quit!
Find a doctor you love!
Find a physician who you trust & discuss your medical concerns honestly.

Understand your family medical history & share with your physician.

Schedule regular medical check-ups & screenings.

Young adulthood can be a fun time in your life, and most people are at or near their physical peak. It is important to stay healthy by making good lifestyle choices.
SCREENINGS/EXAMS YOU NEED

MONTHLY
- Self-breast exam

ANNUALLY
- Yearly physical that includes:
  - Clinical breast exam
  - Blood pressure check
  - Blood test
- STD screening
  (If you are sexually active)
- Vision screening

EVERY 2-3 YEARS
- Pelvic exam & Pap smear

EVERY 5 YEARS
- Blood sugar & Cholesterol testing
  (Starting at age 20)

IF NEEDED
- Skin check
  Talk to your primary care doctor or a dermatologist if you notice any new or changed moles or marks.

COMMON HEALTH TOPICS DURING YOUR 20’S

- Menstrual issues
- Sexually Transmitted Diseases
- Contraception
- Pregnancy
  Make sure to tell your doctor if you are trying to conceive.

LIFESTYLE TIPS

ESTABLISH GOOD HABITS
Figure out health routines that work for you. Building good habits in your prime will help set you on a path for better health long-term.

DON’T SKIP THE DOCTOR
Even though you may not have any major health ailments, it’s still important that you get regular check-ups to help your doctor establish your health history.

HEALTH RISKS
- Melanoma
- Human Papillomavirus (HPV)
- High Cholesterol
You may not feel or look that much different than in your 20’s, but your body is changing. Continue to build a relationship with your physician; he/she will help guide you towards good health.

**Screenings/Exams You Need**

**Monthly**
- Self-breast exam

**Annually**
- Yearly physical that includes:
  - Clinical breast exam
  - Blood pressure check
  - Blood test

**Every 2-5 Years**
- Blood sugar test
- Cholesterol test
  (more often if overweight)
- Pelvic exam & Pap smear

**If Needed**

- **Fertility Testing**
  Tell your doctor when you start trying to conceive.
  If you’ve been unable to conceive after a year of trying, talk to your physician about your options.

- **Mammogram/Genetic Counseling**
  Talk to your primary care doctor if you have a family history of breast cancer, a mammogram or genetic testing might be recommended.
HEALTH IN YOUR thirties

COMMON HEALTH ISSUES DURING YOUR 30’S
- Maintaining a healthy weight
- Reproductive difficulties
- Keeping skin looking healthy & refreshed
- Preventing bone loss
- Reducing stress

HEALTH RISKS
- Cervical Cancer
- Breast Cancer
- Type 2 Diabetes

Lifestyle tips

CLEAN UP YOUR DIET
As your metabolism starts to slow down, you may find you’ve added on a few pounds. Cleaning up your eating habits will help you avoid health problems in the decades to come.

RAMP UP YOUR SKIN CARE ROUTINE
As you enter your 30’s, your skin will begin to change. Try adding retinoids, peptides & antioxidant rich products to your routine.

PRIORITIZE YOUR OWN WELL-BEING
Finding balance can be tough. Make whatever time you can to care for yourself. Even 10 minutes of reading or yoga can help you relieve stress.
Turning 40 is a milestone & often a time of transition in life. One inevitable change is the transition to menopause.

**SCREENINGS/EXAMS YOU NEED**

**MONTHLY**
- Self-breast exam

**ANNUALLY**
- Yearly physical that includes:
  - Clinical breast exam
  - Blood pressure check
  - Blood test
  - Cholesterol testing
- Mammogram
- Eye disease screening

**EVERY 5 YEARS OR MORE FREQUENTLY IF RECOMMENDED**
- Blood sugar testing (Annually if overweight or high risk)
- Colonoscopy (For high risk women)
- Pelvic exam & Pap smear

**TALK TO YOUR PHYSICIAN**
- Menopause symptoms
  - Talk to your primary care doctor or gynecologist about options to find relief.
- Ovarian screening
  - (For post-menopausal/high risk women)
Perimenopause, or the menopause transition, begins with changes in a woman’s menstrual cycle and other menopause symptoms. The menopause transition can last 6 years or more in some women.

**Symptoms**
- Hot flashes
- Breast tenderness
- Lower sex drive
- Fatigue
- Irregular periods
- Vaginal dryness
- Urine leakage
- Urinary urgency
- Mood swings
- Trouble sleeping

**Health Risks**
- **Heart Disease**: Heart disease is the #1 killer of women.
- **Breast Cancer**: 1 in 8 women will develop breast cancer in their lifetime.
- **Ovarian Cancer**: 1 in 75 women will develop ovarian cancer in their lifetime.

**Lifestyle Tips**
- **Strength Training**: As you enter your 40’s you will start losing muscle mass. Adding weight training to your workouts to prevent losing muscle & osteoporosis.
- **Rethink That Drink**: Try to limit your alcohol intake to less than 1-2 drinks a week. Studies show having a drink daily may increase your risk of breast cancer.
You may be 50 or over, but you don’t have to feel over the hill. You need to give more attention to your health during this time in your life.

**Health Checklist in Your Fifties and Beyond**

**Screenings/Exams You Need**

**Monthly**
- Self-breast exam

**Annually**
- Yearly physical that includes:
  - Clinical breast exam
  - Blood pressure check
  - Blood test
  - Cholesterol testing
- Mammogram
- Skin check

**Every 2 Years**
- Bone density testing (DEXA)
- Blood sugar testing (Annually if overweight or high risk)

**Every 5 Years**
- Pelvic exam & Pap smear

**Every 10 Years**
- Colonoscopy

**Talk to Your Physician**
- Menopause symptoms
  - Talk to your primary care doctor or gynecologist about options to find relief.
50+

Health in your fifties & beyond

Lifestyle tips

Find fun ways to stay fit
As your body is aging you may feel less able to exercise as vigorously as you used to. Stay connected to low impact activities that keep your body moving, like tennis, golf or yoga.

Keep off excess pounds
Keeping the scale from creeping up can feel like a daily battle, but maintaining a healthy weight is vital to prevent a number of diseases.

Get enough shut-eye
Getting enough sleep can get tougher after 50. Try to go to bed 15 minutes early or get up 15 minutes later until you are getting 7-9 hours of sleep a night.

Love your changing body
Your appearance may change during menopause. It may be tough to accept the lines, wrinkles and weight gain. Age gracefully and love your body!

Health risks

Stroke
Colon Cancer
Ovarian Cancer
Heart Disease
Osteoporosis

20% of women in their fifties already have osteoporosis.
At DMG, we know that keeping you healthy starts with an annual exam and preventive health. That’s why we’ve designed our herDMG appointments to be an all-in-one visit for women including a physical/well-woman exam, blood work and screening mammogram.

TO SCHEDULE A herDMG APPOINTMENT CALL 1-888-MY-DMG-DR.