

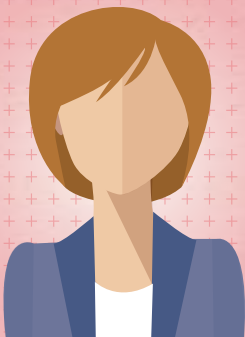
HEALTH *screenings* THROUGH THE AGES



twenties



thirties



forties



fifties+

It's important to take care of your health,
& that starts with understanding your
health risks & recommended screenings
at each stage of your life.

HEALTH CHECKLIST



at every age

These tips are recommended by your DMG physicians, and assimilated from a variety of screening guidelines. Follow these guidelines to achieve your best health.

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.

GET A YEARLY PHYSICAL

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.

what to expect:



Blood pressure check



Blood test



Clinical breast exam



Urine analysis



Weight recorded

maintain a HEALTHY WEIGHT



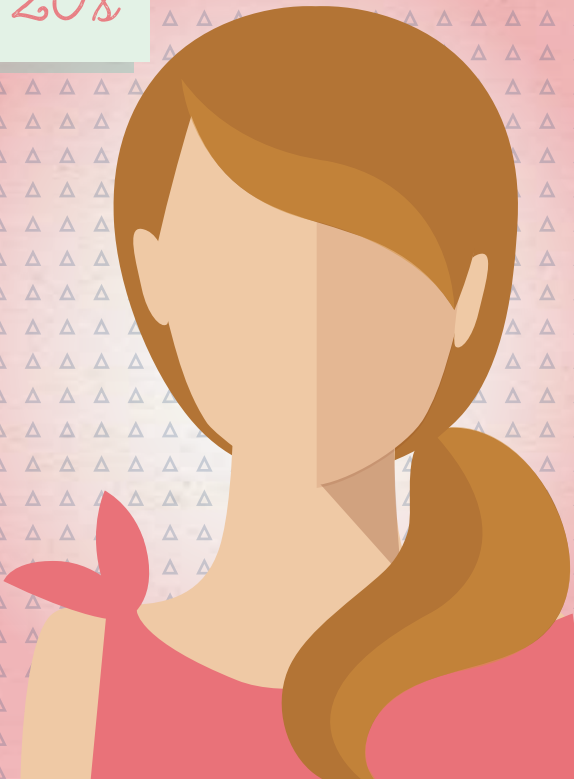
Keeping off excess weight can safeguard you from developing long-term health issues like type 2 diabetes, heart disease, high blood pressure, arthritis and sleep apnea.

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!

20's



health CHECKLIST IN YOUR TWENTIES

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.



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.

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.



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.

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.

HEALTH RISKS

Melanoma

Human Papillomavirus (HPV)

High Cholesterol

30's



health CHECKLIST IN YOUR THIRTIES

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*

HEALTH RISKS

Cervical Cancer

Breast Cancer

Type 2 Diabetes

COMMON HEALTH ISSUES DURING YOUR 30'S



Maintaining a
healthy weight



Reproductive difficulties



Keeping skin looking
healthy & refreshed



Preventing bone loss



Reducing stress

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.

health CHECKLIST IN YOUR FORTIES

Turning 40 is a milestone & often a time of transition in life. One inevitable change is the transition to menopause.

40's

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)



WHAT IS *perimenopause?*

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	Vaginal dryness
Breast tenderness	Urine leakage
Lower sex drive	Urinary urgency
Fatigue	Mood swings
Irregular periods	Trouble sleeping

HEALTH IN YOUR *forties*



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's



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.



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.



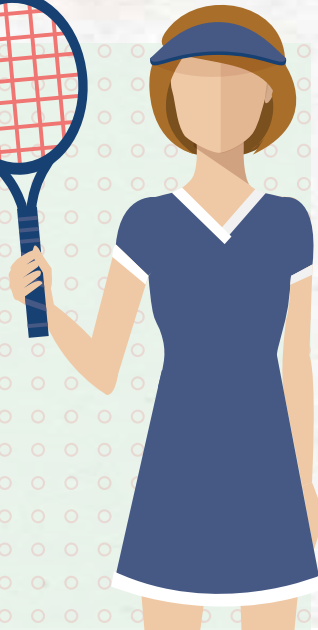
KEEP OFF EXCESS POUNDS

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.



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.



all-in-one HEALTH SCREENING

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 *her*DMG APPOINTMENT
CALL 1-888-MY-DMG-DR.**