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Name: _____ Doctor: _____

Year: _____ Doctor: _____

Notable Health Changes: _____

_____ Allergies: _____

Doctor: _____ Medications: _____

In the 50s, it's all about reaping the benefits of smart choices and enjoying the good life of extended family, friends and career. Our advice is to get a colonoscopy because colon cancer risk increases with age. (Remember your monthly breast self exams)

Age 50s

Other Tests/Results

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CHECK INDICATES FAMILY HISTORY

✓ WHAT YOU NEED

- ☐ ○ Colorectal Cancer Screening (every 10 years, if normal)
- ○ Tetanus Booster (every 10 years)
- ☐ ○ Cardiac Evaluation (EKG or electrocardiogram)
- ○ Flu Immunization (annually)
- ☐ ○ Osteoporosis Screening/ Bone Mineral Density Test
  (Begin screenings when post menopausal, ask your Doctor If you have history, inquire in your 40s)

	51	52	53	54	55	56	57	58	59
☐ Pap Smear (Every 3 Years) (If last 3 were normal)			○			○			○
☐ Annual Checkup w/Breast & Pelvic Exam (Looking for breast abnormalities or areas that may be cancerous)	○	○	○	○	○	○	○	○	○
☐ Cholesterol/Lipid Panel (Every 2-5 years) (Screening for high cholesterol, which increases the risk of heart attack and stroke)		◔		◔	○		◔		◔
☐ Annual Blood Pressure Check (Looking for signs of hypertension, etc.)	○	○	○	○	○	○	○	○	○
☐ Thyroid Screening (Every 3-5 Years) (Looking for hormone abnormalities)			○			○			○
☐ Glucose Test for Diabetes (Every 1-2 Years)	◔	○	◔	○	◔	○	◔	○	◔
Mammogram (Annually)	○	○	○	○	○	○	○	○	○

Note: Testing may need to be more frequent if abnormalities are found.

◔-optional year

My health notes-

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Prior to scheduling an appointment, check with your insurance company to verify coverage