

Name: \_\_\_\_\_

Medications: \_\_\_\_\_

Year: \_\_\_\_\_

Notable Health Changes: \_\_\_\_\_

Allergies: \_\_\_\_\_

Doctor: \_\_\_\_\_

Procedures/Dates: \_\_\_\_\_

Doctor: \_\_\_\_\_

Doctor: \_\_\_\_\_



In the 70s and beyond, it's all about knowing what matters and staying on top of ways to guard your health, especially bone density testing and the colonoscopy. (Remember your monthly breast self exams)

*Age 70+*

*Other Tests/Results*

CHECK INDICATES FAMILY HISTORY

✓ WHAT YOU NEED

- Tetanus Booster (every 10 years)
- Hearing & Vision Test (33% over 65 have hearing loss)
- Dymobility or Functional Impairment Tests
- Cognitive & Affective Disorder Screening
- Flu Immunization (annually)

Pap Smear (Every 3 Years)  
(If all Pap smears are normal to date, this test is optional in 70s)

Annual Checkup w/Breast & Pelvic Exam  
(Looking for breast abnormalities or areas that may be cancerous)

Cholesterol/Lipid Panel (Annually)  
(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 (If last 3 were normal, 1 screening every 3 years)  
(Looking for hormone abnormalities)

Glucose Test for Diabetes (Every 1-2 years)

Mammogram (Annually)

Osteoporosis Screening (Every 2 years)

71    72    73    74    75    76    77    78    79

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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**