

# Your well-woman visit *fifties & early sixties*

RECOMMENDED FOR EVERYONE YOUR AGE     IF THIS APPLIES TO YOU

## What to expect at your visit

### GENERAL HEALTH

- Blood pressure check
- Depression & anxiety screening
- Alcohol, tobacco & substance-use screening
- Height, weight & BMI
- Cholesterol (lipid) screening
- Bladder-control (incontinence) screening
- Safe-relationship & violence check

### SEXUAL & REPRODUCTIVE HEALTH

- HIV test (at least once) & risk check
- Hepatitis C test (at least once)

### CANCER SCREENING

- Breast cancer (mammogram)  
every 1–2 years
- Cervical cancer screening  
through age 65
- Colorectal cancer screening  
continue through 75
- BRCA1/2 family-history risk review

## Vaccines for your age

### ROUTINE FOR THIS AGE

- COVID-19  
current vaccine
- Flu  
every year
- Td/Tdap booster  
every 10 years
- Shingles  
2 doses, age 50+
- Pneumococcal  
age 50+
- Hepatitis B  
recommended through age 59

### If this applies to you — care

- Diabetes (blood sugar) screening  
overweight, ages 35–70
- Statin to prevent heart disease  
with risk factors
- Lung cancer screening  
current/former heavy smoker
- Bone-density (osteoporosis) scan  
before 65 with risk factors
- Breast-cancer-risk medicines, healthy-diet, TB  
if applicable

### If this applies to you — vaccines

- RSV  
ages 50–59 at higher risk
- Hepatitis A; MMR or chickenpox  
if not immune / at risk
- Hepatitis B  
ages 60+ with risk factors
- Meningococcal, mpox  
if at higher risk