

We're here to help you **BE WELL IN YOUR**



## A CHECKLIST

of General Health Actions for **MEN AND WOMEN** in their 50's



Schedule an **ANNUAL PHYSICAL EXAM** with your Methodist Physician Group Primary Care Physician

Ask your **Primary Care Physician** to arrange:

• **CHOLESTEROL AND BLOOD GLUCOSE SCREENINGS**

• **DIABETES SCREENING** — A1C Blood Test

• **COLON CANCER SCREENING** — Get your first colonoscopy or Cologuard by age 45, then a colonoscopy every 10 years or Cologuard every 2 years unless more frequent screenings are recommended by your doctor

• **BLOOD PRESSURE CHECK**

• **OBESITY SCREENING** (BMI check)

• **DEPRESSION SCREENING**

• **HEART SCAN** for men and women with certain cardiovascular risk factors

• **SKIN CANCER SCREENING** by your primary care physician or dermatologist for those at high risk or with a suspected problem

Call our 24/7 Physician Referral Line at 1-888-909-DOCS, or visit [MethodistHospitals.org/50s](http://MethodistHospitals.org/50s) to meet Methodist Physician Group primary care physicians



**LOW-DOSE CT LUNG CANCER SCREENING**

Every year for current or former 20 pack-year smokers age 55 to 75.

Call Methodist Hospitals Oncology Institute at 219-747-7212 to see if you qualify.



## Health Actions for **MEN** in their 50's

### **PROSTATE-SPECIFIC ANTIGEN TEST**

Ask your primary care physician for your initial test at age 50.  
Follow-up as indicated by your doctor.



## Health Actions for **WOMEN** in their 50's

### **ANNUAL MAMMOGRAM**

Call 218-981-5440 to schedule your screening mammogram

### **PAP TEST**

Every one to three years.

### **DEXA BONE DENSITY SCAN**

Starting at age 55, and repeat as determined by your doctor.

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## Stay up to date with your **VACCINES** in your 50's

### **COVID-19**

As recommended by CDC. Available by appointment at  
Methodist Hospitals CareFirst-Schererville. Call 219-322-7143

### **INFLUENZA**

Get your flu shot before every flu season at your Methodist Physician Group  
primary care physician's office

### **TETANUS-DIPHTHERIA BOOSTER**

Get your Tetanus-Diphtheria Booster every 10 years at your  
Methodist Physician Group primary care physician's office

### **SHINGLES VACCINE**

Two doses six months apart. Your Methodist Physician Group  
primary care physician will provide a prescription for your local pharmacy.



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