

# Women's Health in Your 80s



**This is the time to give and accept help, and reflect on achievements and the legacy you want to leave.**

Check out the healthy guidelines below. Then work with your provider to personalize the timing of each test to meet your specific health care needs.

## General Health

- **Annual wellness visit** — including weight, height, blood pressure, screenings and creation of individual preventative care plan
- **Chronic health conditions** — review current diagnoses and medications at least yearly
- **Sleep habits** — discuss at your annual exam
- **Thyroid (TSH) test** — discuss with your provider
- **HIV screening** — get this test if you are at risk for HIV infection (have had unprotected sex, sexually transmitted disease or used drugs with needles)

## Heart Health

- **Blood pressure test** — at least yearly
- **Cholesterol panel** — total, LDL, HDL and triglycerides; discuss with your provider

## Bone Health

- **Bone density screening** — get a bone mineral test at least once; talk to your provider about repeat testing

## Breast Health

- **Breast self-exam** — become familiar with your breasts so you can identify any changes and discuss with your provider

## Reproductive Health

- **Pap test** — discuss with your provider
- **Pelvic exam** — discuss with your provider
- **Sexually transmitted infection (STI) tests** — both partners should get tested for STIs, including HIV, before initiating sexual intercourse; get a chlamydia test yearly if you have new or multiple partners

## Mental Health Screening

- **Depression screening** — yearly

## Eye & Ear Health

- **Comprehensive eye exam** — every one to two years
- **Hearing test** — every three years

## Skin Health

- **Skin exam** — monthly self-exam of skin and moles, and as part of a routine full checkup with your provider

## Oral Health

- **Dental cleaning and exam** — every 12 to 24 months; discuss with your dentist

## Immunizations

- **COVID-19 vaccine** — discuss with your provider
- **Influenza vaccine** — yearly
- **Tetanus-diphtheria-pertussis booster vaccine** — every 10 years
- **Pneumococcal vaccine** — one or two doses; discuss with your provider
- **Herpes zoster vaccine (to prevent shingles)** — two doses

For a comprehensive list of Trinity Health programs and services, and to find a provider, visit [TrinityHealthMichigan.org](https://TrinityHealthMichigan.org).