

Staying Healthy at 50+

You can take action to stay healthy by following daily steps to good health, getting screening tests (standard tests to look for signs of particular diseases), and taking medicines to prevent disease. This chart tells you what to do and when.

 All Men or Women  Men or Women at Risk*

WHAT TO DO	AT WHAT AGE								
	50	55	60	65	70	75	80	And Older	
DAILY STEPS TO GOOD HEALTH									
Be tobacco free.	Men and Women								
Be physically active.	Men and Women								
Eat a healthy diet.	Men and Women								
Stay at a healthy weight.	Men and Women								
If you drink alcohol, drink only in moderation.	Men and Women								
SCREENING TESTS AND PREVENTIVE MEDICINES									
▼ HEART AND VASCULAR DISEASES									
Abdominal Aortic Aneurysm Screening Test				Once for Men Who Have Smoked*					
Aspirin to Prevent Heart Attack	Men at Risk*								
Aspirin to Prevent Stroke		Women at Risk*							
Blood Pressure Screening Test	Men and Women at Least Every 2 Years								
Cholesterol Screening Test	Men and Women								
Diabetes Screening Test	Men and Women with High Blood Pressure								
▼ CANCER									
Breast Cancer Screening (Mammogram)	Women every 1 to 2 years								
Breast Cancer Preventive Medicines	Women at Risk*								
Cervical Cancer Screening (Pap Smear)	Women at Least Every 3 Years								
Colorectal Cancer Screening Test	Men and Women								
▼ BONE DISEASE									
Osteoporosis Screening (Bone Density Scan)			Women at Risk*	Women					
▼ SEXUAL HEALTH									
HIV and Sexually Transmitted Infection Screening Tests	Men and Women at Risk*								
▼ MENTAL HEALTH									
Depression Screening	Men and Women								
▼ IMMUNIZATIONS									
Flu Vaccine	Men and Women Annually								
Other Vaccines	You can prevent some serious diseases, such as pneumonia, whooping cough, tetanus, and shingles, by being vaccinated. Talk with your doctor or nurse about which vaccines you need and when to get them.								

This chart is designed to help people 50 and older stay healthy. If you are younger than 50, some of the information also may apply to you. Whatever your age, talk with your doctor or nurse about staying healthy. You can also get more information by going to the "Tools & Resources" page at www.preventiveservices.ahrq.gov.

***What does it mean to be "at risk?"** Being at risk means that you may be more likely to develop a specific disease or condition. Whether you are at risk depends on your family history, things you do or don't do (such as exercising regularly or using tobacco), and other health conditions you might have (such as diabetes). If you think you might be at risk for a specific disease, talk with your doctor.

The information on this poster is based on research findings from the U.S. Department of Health and Human Services and the U.S. Preventive Services Task Force (USPSTF). The USPSTF, supported by AHRQ, is the leading independent panel of experts in prevention and primary care. For more information about USPSTF, go to www.preventiveservices.ahrq.gov. The poster was developed in partnership with AARP.

