



Health Tips for Women in their 60s, 70s, and Beyond

Maintaining a healthy lifestyle is important as women age, and after retirement there's more time to spend on "you"—so take advantage of it. Also, studies show that those who have a positive outlook on aging live longer and are more inclined to take responsibility for their health.

1. Take Care of Your Skin

Lower levels of estrogen during and after menopause have a big impact on your skin. Hormonal changes cause skin to be dry, among other things. Find a face cleanser with a creamier formula, heavier moisturizers, and put moisturizers on when your skin is still damp. Sunscreen is still recommended, as skin may have less natural protection as we age. Age spots will start to look more obvious, too. Exfoliating and skin-lightening products can help even out skin color.

2. Don't Overlook Important Nutrients

Some key nutrients tend to be in shorter supply as women age, and sometimes taking supplements to make up for nutrients that aren't absorbed from food as easily is recommended. Some key vitamins and nutrients to focus on include: vitamin B12, folate/folic acid, calcium, vitamin D, potassium, magnesium, omega-3 fats, and fiber.

3. Stay Sharp

Brain function tends to decline as you age, lowering the levels of neurotransmitters and receptors that affect mood, motivation, and memory. Find something to do every day that keeps your brain stimulated. This can include reading, crossword puzzles, or even brain stimulating apps on your phone or tablet.

4. Stay Active

Less than one-third of adults over 65 exercise regularly, but it's not the result of getting older. Most adults simply become less active as they age—but they don't need to. The need for regular physical

activity and exercise doesn't change when you age. In fact, it's even more important. Age-related problems like muscle loss, bone density loss, and increased difficulties with balance and flexibility, can be avoided with a regular exercise routine.

5. Get Important Screenings

By now, you should have a primary care physician (PCP) who has established your baselines for weight, blood pressure, cholesterol levels, and thyroid—and checks them annually.

- **Mammograms** should continue every one to two years, clinical **breast exams** every year, and **pelvic exams** yearly. Also continue to give yourself breast self-exams monthly. Discuss with your doctor whether or not a pap test is necessary.
- **Colonoscopy**—these can be given every 10 years if results are normal.
- **Sexually transmitted infection (STI)** tests and HIV testing are key if you have new or multiple partners.
- **Mole exam**—this can be done monthly as a self-exam and also as part of your routine checkups with your PCP or dermatologist.
- **Diabetes**—a blood glucose or A1c test should start at age 45 and happen every three years.
- **Bone health**—get a bone mineral test at least once, and talk to your doctor about whether or not repeat tests are necessary.

Top Health Concerns For Women Over 60

Osteoporosis

With the loss of bone density that comes with menopause, osteoporosis is a threat for aging women. Osteoporosis can go undetected if you don't have the proper screenings, and many times the first indication that you have this disease is a broken bone. Schedule a bone density screening with your doctor. Also, continue to practice habits to maintain strong bones—like a gentle weight lifting routine, getting enough calcium in your diet (1200 mg. daily for women over 50), and getting enough vitamin D (which helps calcium absorption).

Heart Disease

Women have a greater chance of developing heart disease in their 60s and 70s, so ensure that you are seeing your doctor regularly, who will monitor your blood pressure and cholesterol. If you're a smoker, quit now, and be sure to limit alcohol use. Continue to maintain an active lifestyle, too, even if it's simply walking for 30 minutes a day.

Sensory Decline

As you age, the effectiveness of your eyes, ears, and even nose can decrease. It is important to establish a baseline with your doctor between the ages of 40 and 64, and then make sure to attend the recommended follow-ups. After age 65, it is recommended to have complete eye exams every one to two years and comprehensive ear exams should be done every 10 years.

Other Exams

- **Oral health**—dental exams and cleanings should be done every 6 months

Immunizations

- Influenza Vaccine—Yearly
- Tetanus/Diphtheria/Pertussis Booster Vaccine (Tdap)—Every 5 years, as directed by a doctor.
- Pneumococcal Vaccine—One time only
- Herpes Zoster Vaccine (to prevent Shingles)—One time only

If you don't have a primary care physician, [find a doctor here](#), or call 1-888-996-9644.

