

40s

In your 40s, the effects of physical aging become more pronounced, and both men and women are at an increased risk for many forms of cancer.

40s Risks

Women



Heart Disease

#1 killer of women ages 40-50



Ovarian Cancer

Most common after age 40



High Cholesterol

Can start as early as your 20s



Breast Cancer

#1 cancer in women ages 40-50

TESTS

- Bone density testing every 3 years if under 127 pounds or at risk for osteoporosis.
- Annual mammogram for all women.
- Continuing blood sugar testing and cholesterol testing annually to detect/prevent heart disease.
- Ovarian screening for post-menopausal/high risk women every 3 years.



Men

Heart Disease

Men over 40 are 3 times more likely to have heart disease than women over 40



Male Cancers

Men over 45 or with family history are at higher risk for prostate cancer



Continued increasing risk of testicular cancer

Colorectal Cancer

Account for 60% of cancer in men over 40



TESTS

- Blood sugar testing every 3 years.
- Colorectal screening annually.
- Heart disease screening every 5 years. Annually if high risk.
- Prostate exam if high risk or experiencing symptoms such as trouble urinating.
- Annual skin exams for signs of skin cancer.