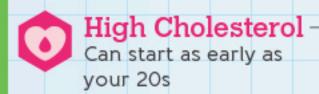
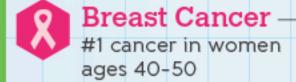
40s Risks

Women

Heart Disease #1 killer of women ages 40-50





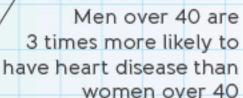


TESTS

- 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



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.



