# 50s Risks

# Women



#1 killer of women over 50



# Ovarian Cancer

Most common in women over 50



# Osteoporosis

Half of all women over 50 will break a bone due to osteoporosis



### Stroke

25% of strokes occur before age 65



# Colon Cancer

2nd most deadly cancer for women

# **TESTS**

- Bone density testing every 3 years.
- Ovarian screening every 3 years.
- Blood sugar testing every 3 years. Annually if overweight or at high risk.
- Colorectal screening every 5 years.
- Coronary screening annually, including EKG.
- ☐ Skin exams, Pap smears and mammograms as directed by your doctor.

# Men

# **Heart Disease**

#1 killer of men over 50



### Prostate Cancer

Men over 50 at high risk



1 in 38 men ages 50-59 will develop prostate cancer

#### Stroke

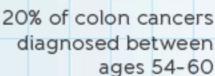
25% of strokes occur before 65



Risk of stroke more than doubles every decade after 55

## Colon Cancer

13% of colon cancers diagnosed between ages 45-54





# TEST\$

- ☐ Prostate cancer screening every 3 years. Annually if at high risk.
- ☐ Cholesterol testing annually.
- Colon cancer screening every 3 years. Annually if high risk.
- ☐ Continue testicular exams every 3 years.

# After age 50, risks for heart disease, many cancers, stroke and type 2 diabetes increase exponentially.