

50s

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

50s Risks

Women



Heart Disease

#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

20% of colon cancers diagnosed between ages 54-60

TESTS

- 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.

