

60s

The risk of type 2 diabetes decreases for both men and women after 60, while the risks for heart disease and many cancers increases sharply.

60s Risks

Women



Heart Disease

#1 killer of women over 60



Osteoporosis

1 in 2 women over 60 will suffer a fracture due to osteoporosis



Colorectal Cancer

Most colorectal cancers in women occur after 60



Stroke

75% of strokes occur after 65

TESTS

- Colorectal screening every 3 years.
- Bone density test every 2-3 years.
- Colonoscopy screening every 5 years.
- The following should be continued annually:
 - Mammogram
 - Pelvic exam
 - Pap smears at physician's discretion
 - Coronary screening

Men

Prostate Cancer

1 in 5 men ages 60-69 will develop prostate cancer



Colon Cancer

20% of colon cancers diagnosed between ages 60-64

24% of colon cancers diagnosed between ages 64-70



Stroke

75% of strokes occur after age 65



TESTS

- All of the following should be done annually:
 - Cholesterol testing
 - Coronary screening
 - Prostate exam
- Colorectal screening every 3 years.

70s+ Although life expectancy is far greater now than it was 20 years ago, today's population faces higher risks for coronary disease, stroke and diabetes-related organ failure, due in large part to extra weight and obesity. People in their 70s need to be continually vigilant about diet, exercise and preventive exams.