

Women's Healthy Living: Annual Wellness Exam Questions – Ages 65+

Maintaining health in the 65 and older age group is essential for enhancing quality of life and promoting independence. Regular check-ups and proactive health discussions can help manage risks and promote overall wellness.

Key Topics to Discuss with Your Provider:

- **Weight, Diet, and Exercise:** Review your eating habits and physical activity.
- **Substance Use:** Discuss tobacco, alcohol, and drug use.
- **Mental Health:** Address any stress, anxiety, or depression.
- **Family Health History:** Share relevant medical history, focusing on cancer and heart disease.

Important Questions to Ask:

- Am I at risk for heart disease?
- What types of exercise support my heart and brain health?
- How can I protect my bone density?
- Which supplements are beneficial?
- Am I too young for perimenopause or menopause?
- How much protein do I need daily?
- What is the ideal amount of sleep for me?
- Am I a candidate for weight-loss medications or surgeries?
- What is my personal cancer risk, and how can I prevent it?

Health Screenings to Consider:

- **In Your 60s and Beyond:**
 - Discuss cancer screenings and preventive measures.
 - Get regular STD tests based on sexual activity.
 - Annual mammograms and colonoscopies.
 - Monitor for menopause symptoms and heart health.
 - DEXA scan for bone density starting at age 65.
 - Routine screenings based on health status.

Healthy Habits to Embrace:

- **Balanced Diet:** Aim for 80-85% of your plate filled with fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health. Staying hydrated is also crucial.
- **Physical Activity:** Regular exercise, tailored to individual abilities, can improve strength, flexibility, and cardiovascular health. Activities like walking, swimming, or yoga are great options.
- **Quality Sleep:** Strive for 7-9 hours of restorative sleep each night.
- **Keep Medical Records:** Organize your health history and any changes.

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- **Cognitive Engagement:** Keeping the mind active through reading, puzzles, or learning new skills can help maintain cognitive function.
- **Social Engagement:** Stay connected with friends and community to support mental well-being.

Taking charge of your health through regular check-ups and informed discussions can lead to a healthier, more fulfilling life. Use this checklist to guide your conversations with your doctor and make proactive choices for your well-being!

Hospital
102 E. Holme, P.O. Box 250, Norton, KS 67654
Phone: (785)877-3351

Clinic
807 N. State, P.O. Box 408, Norton, KS 67654
Phone: (785)877-3305