





Women's Health

Through the Ages



**It's never too late (or too early)
to take care of your health.
Here's how women can improve
their mental and physical
well-being, decade by decade.**



your 20s:



Build a strong foundation by eating **balanced meals**. Aim for **30 minutes of daily movement** and **limit yourself** to one or fewer alcoholic drinks per day. Find a health care provider you trust.



your 30s:

If you're pregnant or trying, schedule prenatal visits. **You'll discuss:**

- Vaccines you need
- Supplements you should be taking
- Changes in diet, physical activity, and lifestyle

If you don't want kids now, discuss **birth control options.**



Year 40s:

Talk with your provider about **perimenopause** and how to manage symptoms. Start the conversation about **breast cancer risk** to decide when you should start getting mammograms.

At age 45, begin **screening for colorectal cancer**. You may need tests for **diabetes** and **high cholesterol**, too.



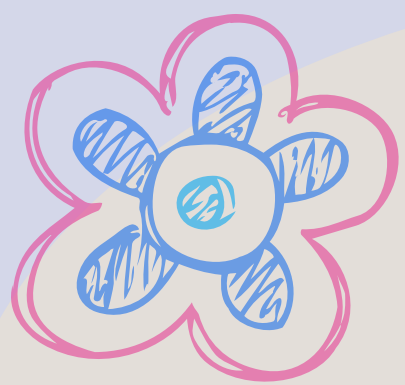


Your 50s:

Get mammograms every two years. If you smoke or used to, see about **lung cancer screening**.

You'll likely start menopause soon. Low hormone levels mean a greater risk for heart disease and weak bones. **Stay active and eat well.**





Your 60s and Beyond:

If you don't exercise already, start!

Consult with your provider on the safest way to ramp up if you have a health condition.

When you reach age 65, **sign up for Medicare health coverage.**



Embrace Every Decade

Caring for your well-being is a continuous journey, not a destination. To make every year count, stay informed, talk with your health care team, and adjust your lifestyle to meet your changing needs.

