

## In your 50s:

**This is a time** when it's really important to tell your doctor if anything has changed with your health, or if you're feeling anything new or different, as your risk of a wide variety of serious illnesses increases after 50.

### Everyone:

- Continue the regular check-ups and screenings you were already doing, and make sure these include colon cancer screenings and prostate cancer screenings for men and mammograms for women.
- Discuss bone health and the potential need for osteoporosis screenings.
- Consider getting your hearing checked.
- Get the shingles vaccine. It's recommended for those 50 and over, it doesn't hurt, and you really do not want to get shingles.
- Keep monitoring any chronic conditions you've developed, and check in on any prescribed medication or side effects.

### Men:

- How is your libido? If it has diminished (and if you feel fatigued) you might want your doctor to check your testosterone and your levels of nutrients like magnesium and folate.
- Keep an eye on your skin; the risk of melanoma for men increases from the mid-50s onwards.

### Women:

- After menopause, bone density can change. Ask your doctor if you should start bone density testing.