

## In your 30s:

The changes [during your 30s](#) are not huge, though as you reach the middle of this decade you may notice that hangovers are more punishing than they used to be. (And alas, there is no “cure” for that.) On average, more people are waiting longer to have kids, too, and that might also change the kind of medical care you’ll need.

Here are some other things you can attend to.

### Everyone:

- Have regular check-ups and screenings determined by your primary care provider based on family and social history (which you started discussing with your doctor in your 20s). If you have a family history of cancer, for example, you might start screening for it in your 30s.
- [Keep your medical records organized](#). You may move states, even countries; this will go more smoothly with well-organized records.
- Consider your mental health. Life can become more challenging in your 30s (career; relationships; kids; aging family members), so it’s worth [checking in with yourself](#) about depression and/or anxiety disorder, so that you and your doctor can address concerns before they become big problems. Start [here](#) and ask your primary care doctor for recommendations if you think you’d benefit (as many people do) from seeing a specialist.
- If you’re thinking of having children, ask what you can do to optimize your fertility.
- Ask if any of the immunizations you got in your 20s (or before) need to be renewed.