



# Women's health at any age

## Prepare

### HPV Vaccine

- HPV affects almost 50% of women at some point in their lives.
- This vaccine is approved by the FDA for females 9-26 years old.
- Consists of a series of two doses:
  - First dose should be given as early as 9 years old.
  - All doses should be given before 13 years old.

### Meningococcal Vaccine

- Protects against a type of bacterial meningitis that is seen in young adults.
- Should be given around 11 to 12 years old, followed by a booster at 16 years old.

### Multivitamin with at least 400 micrograms of Folic Acid

- Take it every day to promote good health.

## Protect

### Cervical Cancer Screening

- Begin at 21 years old and continue every year. An HPV screening may also be performed.

### Sexually Transmitted Infection Screening

- Many sexually transmitted infections have no symptoms.
- If you are sexually active, you should be screened yearly.

### Smoking Cessation

- Quitting tobacco is the very best thing you can do for your health.
- As little as one year after quitting tobacco, the risk for heart disease is lowered by 50%.

### Multivitamin with at least 400 micrograms of Folic Acid

- Women should get at least 400 mg of folic acid a day.
- Folic acid is important to a baby's growth. If you consider becoming pregnant, start taking folic acid three months prior to pregnancy.

## Prevent

### Breast Cancer

- Starting at 40 years old, women should talk to their doctor about getting screened for breast cancer at least every two years.

### Colorectal Cancer

- Beginning at 50 years old, women should be screened for colorectal cancer at least every 10 years. If you have a family history of cancer at a young age, talk to your doctor about testing earlier.

### Osteoporosis/Bone Health

- Weight-bearing exercise and a healthy diet helps slow bone loss.
- If you are 65 years old or older, get a bone density test.
- If you are younger than 65 years old and have one or more risk factors for osteoporosis, your doctor may recommend a bone density test.

## Preserve

### Pneumococcal Vaccine

- Protects against a common form of pneumonia.
- Starting at 65 years old, talk to your doctor about receiving either one or two doses of the vaccine.

### Zoster (Shingles) Vaccine

- Protects against shingles, a painful skin rash.
- If you have ever had the chicken pox, you could be at risk.
- Starting at 50 years old, two doses of this vaccine are needed.

For more information: <https://mercyhealthsystem.org/health-library/>



# Men's health at any age

## Prepare

### HPV Vaccine

- HPV affects almost 50% of men at some point in their lives.
- HPV can cause penile, anal, head and neck cancers in men.
- Consists of a series of two doses:
  - First dose should be given as early as 9 years old.
  - All doses should be given before 13 years old.

### Meningococcal Vaccine

- Protects against a type of bacterial meningitis seen in young adults.
- Should be given around 11 to 12 years old, followed by a booster at 16 years old.



## Protect

### Sexually Transmitted Infection Screening

- Many sexually transmitted infections have no symptoms.
- If you are sexually active, you should be screened yearly.

### Smoking Cessation

- Quitting tobacco is the very best thing you can do for your health.
- As little as one year after quitting tobacco, the risk for heart disease is lowered by 50%.

### Blood Pressure Screening

- Starting at 18 years old, have your blood pressure checked at least every two years. Normal blood pressure is below 120/80.

## Prevent

### Cholesterol Screening

- If you are 35 years old or older, have your cholesterol checked. You may need your cholesterol checked sooner if you use tobacco, are obese, or have diabetes or high blood pressure.

### Colorectal Cancer

- Beginning at 50 years old, men should be screened for colorectal cancer at least every 10 years. If you have a family history of cancer at a young age, talk to your doctor about testing earlier.

### Heart Disease

- If you have one or more risk factors for heart disease, ask your doctor about the ABCS:
  - Aspirin Use
  - Blood Pressure Screening and Control
  - Cholesterol Screening and Control
  - Smoking Cessation



## Preserve

### Pneumococcal Vaccine

- Protects against a common form of pneumonia.
- Starting at 65 years old, talk to your doctor about receiving either one or two doses of the vaccine.

### Zoster (Shingles) Vaccine

- Protects against shingles, a painful skin rash
- If you have ever had the chicken pox, you could be at risk.
- Starting at 50 years old, two doses of this vaccine are needed.

### Prostate Cancer Screening

- The US Preventative Services Task Force recommends against PSA-based screening for prostate cancer.
- There is a very small potential benefit and significant potential harm.



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