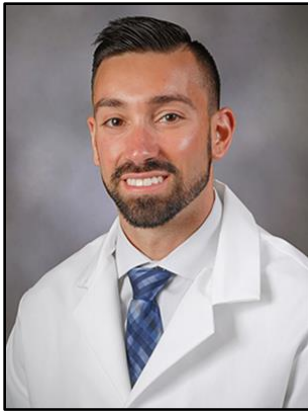


## Healthy Aging Tips for Women



Joseph Miladore, M.D.

While many women believe that the secret to aging gracefully is in their genes, getting preventative care is one of the keys to healthy aging for any woman.

“A woman’s health depends on many factors, such as choosing the right foods, regular exercise, managing stress and getting enough sleep,” said Joseph Miladore, M.D., a family medicine physician affiliated with Salem Regional Medical Center (SRMC) and SRMC Primary Care-Salem. “But, staying healthy also means having routine screenings that can help detect potential problems in their early stages, when they are easier to treat.”

Dr. Miladore, who has a special interest in women’s health management, recommends the following preventative screenings for women:

- **Cervical Cancer:** Screening for cervical cancer includes a pelvic exam and Pap test, which checks for changes in the cells of the cervix. It’s recommended that women ages 21-65 get a Pap test at least every three years; after age 30, women may choose a combination Pap and human papillomavirus (HPV) test every five years until age 65.
- **Breast Cancer:** Annual mammograms are recommended for most women beginning at age 40. A mammogram is a low-dose x-ray examination of the breast that can detect tumors that are too small to be felt, often before symptoms develop. Those at a high risk for breast cancer should get a breast MRI and mammogram every year, typically starting at age 30.
- **Colorectal Cancer:** The American Cancer Society recommends women and men to start colorectal cancer screening at age 45 or earlier, depending on their family health history and risk factors.
- **Osteoporosis (Bone Thinning):** Women are four times more likely than men to develop osteoporosis, a progressive disease that causes the bones to weaken and become brittle, leading to fractures. A DEXA bone density scan for osteoporosis is recommended for women ages 65 and older.

- **Blood Pressure:** Starting at age 18, women should have their blood pressure checked at least every two years to help prevent strokes, heart attacks, heart failure, or kidney and eye problems.
- **Cholesterol:** Women should have their cholesterol checked at least every five years starting at about age 20, to decrease their risk of heart disease.
- **Diabetes:** Screening for diabetes (high blood sugar) is recommended for women with high blood pressure or who take medication for high blood pressure.

“Both women and men should talk to their doctors about the preventative screenings recommended for them,” Dr. Miladore advised.

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