

## Care for Adults 50+



### Make sure your doctor knows:

- Your health history, including diseases, treatments, and operations.
- Diseases and conditions that run in your family.
- All the medicines you take, including vitamins, supplements, and herbs.
- Other doctors or practitioners you are seeing.

### Ask about these common concerns for older adults:

- Heart disease and stroke
- Depression
- Lack of exercise
- Memory problems
- Changes in sexual function
- Incontinence
- Fall risk and prevention
- Other: \_\_\_\_\_
- Arthritis

### Ask about screenings you may need:

- Blood pressure
- Cholesterol
- Blood sugar (for diabetes)
- Colorectal cancer
- Bone density (for osteoporosis)
- Prostate cancer (men)
- Breast cancer (women)
- Other tests: \_\_\_\_\_
- Cervical cancer (women)

### Ask about shots you may need:

- Flu shots
- Tetanus-diphtheria shot
- Pneumonia shot
- Other shots: \_\_\_\_\_
- Shingles

### Talk about other care you may need:

- Help to stop smoking
- Vision care
- Help to stop drinking
- Glaucoma screening
- Hearing screening
- Other: \_\_\_\_\_