

## Staying Healthy at 50+ - Put Prevention Into Practice

### Personal Prevention Charts

Ask your health care provider how often you need each type of care and the goal you should reach. Then write down the information in these charts. Also, write down the date and results of the care you get or ask your doctor to write down this information. Try to remember to bring these charts with you each time you see a health care provider. These charts will help you keep track of when you need your next test or checkup and will help you keep track of the medicines you are taking.



#### Personal Prevention Chart

Prevention Measure	How Often	Goal	Date and Results				
Blood Pressure	<i>monthly</i>						
Cholesterol							
Weight		Healthy weight for me: _____					
Dental Visits							
Eye Exams							

## Cancer Test Chart

Type of Test	How Often	Date and Results						
Fecal Occult Blood Testing	<i>Once a year</i>							
Mammogram								
Pap Smear								
Sigmoidoscopy								

Write down the date you receive each immunization



## Flu Shot Chart

How Often	Date						
Once a year starting at age 65							

## Tetanus Shot Chart

How Often	Date	Date	Date	Date
Every 10 years				

## Pneumonia Shot Chart

Once at age 65	Date:
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## Personal Information

<b>Name:</b> _____
<b>Address:</b> _____
_____
_____
<b>Telephone #:</b> _____
<b>Emergency Contact:</b>
<b>Name:</b> _____
<b>Telephone #:</b> _____
<b>Name:</b> _____
<b>Telephone #:</b> _____
<b>Allergies:</b> _____
_____
_____
<b>Important Medical Problems:</b>
_____
_____
_____
_____
<b>Provider Information:</b>
<b>Name:</b> _____
<b>Contact Telephone #:</b> _____
<b>Call Center #:</b> _____
_____
<b>Other Contact Information:</b>
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## Ask Questions

The U.S. Preventive Services Task Force—a panel experts has found that some tests that doctors perform have not been proven effective for healthy, average-risk persons.

These tests include :

- the PSA test for prostate cancer,
- blood tests or ultrasound for ovarian cancer,
- chest x-ray for lung cancer,
- urine tests for bladder cancer,
- routine blood tests for anemia,
- routine urine tests, and
- routine electrocardiogram or stress tests for heart disease for people without symptoms.

If your doctor or health care provider recommends any of these tests, you may want to ask why you need them.

Talk to your doctor or other health professional about what is right for you.

This material was adapted from the booklet [Staying Healthy at 50+ Putting Prevention into Action](#) developed by the Agency for Healthcare Research and Quality (AHRQ, formerly the Agency for Health Care Policy and Research), AARP, and the Health Resources and Services Administration (HRSA).

AHRQ is the lead Federal agency charged with supporting research designed to improve the quality of health care, reduce its cost, and broaden access to essential services.

AARP is the Nation's leading organization for people age 50 and older. It serves their needs and interests through information and education, advocacy, and community services, which are provided by a network of local chapters and experienced volunteers throughout the country. The organization also offers members a wide range of special benefits and services, including *Modern Maturity* magazine and the monthly *Bulletin*.