

THE RIPA CENTER FOR WOMEN'S HEALTH & WELLNESS PRESENTS

Women's Health GUIDE

Living Your Best in Your 30s, 40s, 50s, and Beyond



The Ripa : Center
for Women's
Health & Wellness
at Cooper



We all want to live a healthy and happy life. Therefore, it's important to establish healthy habits and to understand changing health concerns at each stage in our lives.

For women, long-term health starts by laying a strong foundation in our 20s and understanding the various health challenges and recommendations as we grow older. Staying healthy, whether we are in our 20s, 40s, 60s, or beyond, requires a proactive approach and the determination to enjoy life at every age.

Filled with health tips and advice for each decade of your life, this eBook serves as a guide to help you to focus on your health and wellness goals. Following these tips will serve as a great starting point, but the road to good health doesn't end here.

Partnering with an expert primary care provider is an essential part of managing your health. At Cooper University Health Care, The Ripa Center for Women's Health & Wellness, located in Voorhees, offers comprehensive, high-quality women's health care in one convenient location. Here we provide personalized and coordinated services to keep you connected to the primary care and specialty care providers who best meet your needs at every stage of life.

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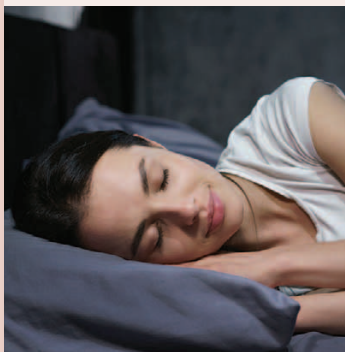
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20s

For many women, the 20s can be a transitional decade. This is a time when many of us live away from home for the first time, start a career, and enter into a serious relationship. With all of these personal and professional demands, it's important to remember not to neglect our health.

This exciting time can provide the foundation for good health in adult life. It's also a great time to be sure to follow a healthy diet, schedule necessary exams and screenings, and establish exercise routines. Following these five tips will help to ensure that your 20s are a time of good health and that you are putting in place good habits for the years to come.



1. NUTRITION: Between a busy work schedule and the convenience of quick takeout meals, it's not always easy to follow a well-balanced diet. At this age, a strong metabolism and immune system can compensate for some unhealthy eating habits, but it's important to get plenty of nutrition in your diet.

Be sure to get the recommended daily dosage of calcium and vitamin D and to include in your diet a healthy mix of fruits, vegetables, lean meats, and dairy so that you can be sure to get enough protein, carbs, fiber, and vitamins.

2. EXERCISE: As we settle into careers and other "adult" obligations, we can become less physically active. Although work demands and personal commitments can make it harder to find the time, exercise is truly a must at any age.

In addition to the immediate physical rewards, such as stress relief, exercise provides long-term health benefits and can reduce the risk of certain diseases. In fact, exercising for four or more hours each week can reduce the risk of breast cancer by 60%, and three to five hours of cardio can reduce your risk of colon cancer by 30% to 40%.

3. SLEEP: Getting enough sleep offers many health benefits, including stress relief and weight loss. It can even help to prevent cancer.

Your 20s can be the perfect time to establish a healthy sleep schedule. Make sleep a priority, and remember that healthy adults require between seven and nine hours of sleep each night.

4. REGULAR EXAMS: When we're young and healthy, sometimes regular checkups can fall off our radar. That's why it's important to make sure to schedule an annual checkup with your primary care doctor and your gynecologist, see your dentist twice a year, and visit your eye doctor regularly.

It's especially important to establish a relationship with a primary care physician. Regular visits are a good way to set baselines for your resting heart rate, weight, blood pressure, and body mass index, or BMI.

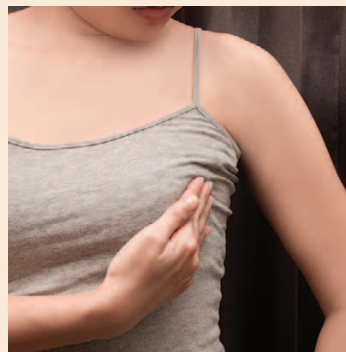
5. PAP SMEAR: Pap smear screenings should start at the age of 21. These tests are used to screen for cervical cancer, and if the results are normal, the test only needs to be repeated once every three years during your 20s. If you haven't had it already, it's also good idea to get the HPV vaccine to reduce the risk of cervical cancer.

Once you turn 30, screening should continue every five years, until the age of 65, as long as HPV test results are negative.

30s

Building on the foundation we set in our 20s, the next decade is all about maintaining our health while managing our demanding lives, which can include careers, kids, and a busy home life.

In our 30s, it's important to maintain a healthy work/life balance, make sure to get certain health screenings, and pay attention to overall mental well-being. Meanwhile, many of us are starting or growing our families and may be faced with pre- and postpartum issues. The following five tips will help to ensure that you prioritize your health at a time of many life changes.



1. WORK/LIFE BALANCE: Our careers can really begin to take off in our 30s. At the same time, many of us are settling down and having a family. Therefore, striking a balance between home and work life is critical.

Take some time to sit back and reflect. Are you happy? Are your partner and children getting enough attention? Are you getting enough "me" time? If you are overwhelmed with commitments, consider making some changes to reduce the amount of stress in your life.

2. HEALTH SCREENINGS: If you haven't started already, this is the time to begin regular health testing and screenings. Testing is necessary to reduce the risk of diseases such as diabetes and high blood pressure. This is also a good time to start health screenings for cancer or heart disease, especially if these conditions run in your family.

The best defense against these health issues is early detection. With your doctor's guidance, you can take the necessary steps to reduce long-term risks.

3. MENTAL WELL-BEING: This time of life can be filled with the satisfaction of personal and professional growth. Many women are starting a family, experiencing career success, and enjoying thriving relationships. However, these important milestones come with added responsibilities and sometimes stress.

Stay vigilant about your mental health, and learn when you are starting to experience stress, anxiety, or depression. Talk with your family and friends about the challenges you face, and seek professional help when necessary.

4. POSTPARTUM DEPRESSION:

Childbirth is a profoundly rewarding experience, but the new responsibilities can lead to anxiety. It's common for a mother to feel anxious or overwhelmed after the birth of a child, but some women experience prolonged mental distress that is referred to as "postpartum depression."

If you experience mood swings, excessive crying, insomnia, and difficulty bonding with your newborn, it's important to seek professional care. Treatment and recovery time will vary, depending on the severity of the symptoms and each person's individual needs, but help is available.

5. BREAST SELF-EXAMS: Most women in their 30s are still a few years away from their first mammogram, but it's a good time to start to perform routine breast self-exams.

Performing a regular self-exam can detect lumps in your breast that may be cancerous. It's important to remember that breast cancer that is detected early is more likely to be treated successfully.

40s

Many women find that life begins to settle down in their 40s.

For many of us, family life is established and our careers are hitting their prime. Meanwhile, as we inch closer to the big 5-0, it is important to focus on modifying our diet, continuing our regular primary care appointments, and scheduling a yearly mammogram starting at age 45.

Following these five tips will help you to maintain good health and fitness throughout your 40s, while establishing additional healthy habits that will be beneficial in the decades to come.



1. DIETARY CONSIDERATIONS: As we age, we need to pay more attention to our diet to ensure that we remain fit and energetic. During our 40s, it is important to make some dietary changes that will prove beneficial in the years to come.

Changes to consider include cutting your sugar, sodium, and saturated fat intake by 10%; keeping alcohol use to a minimum, with no more than one drink per day; boosting your metabolism by eating breakfast; staying hydrated by drinking plenty of water; and making sure that your diet includes plenty of fat-free or low-fat dairy products to keep your bones strong.

2. MAMMOGRAMS: Screening for breast cancer is a vital part of health care in our 40s. Scheduling a yearly mammogram while continuing to perform self-exams will help you to keep your breasts healthy.

According to the American Cancer Society, women who are 40 to 44 years old should have the option of starting annual breast cancer screening with mammograms. Women who are 45 to 55 should have a mammogram every year.

3. PERIMENOPAUSE: Also referred to as "menopause transition," perimenopause can begin in the 40s, several years before menopause occurs. This time of transition lasts until menopause, the point when the ovaries stop releasing eggs.

Symptoms of perimenopause include hot flashes, breast tenderness, lower sex drive, fatigue, and irregular periods. Pay attention to all physical changes that you experience, and discuss them with your doctor.

4. BLOOD PRESSURE: It's common for blood pressure to rise in our 40s. That's why it's recommended to have your blood pressure checked at least once every two years, more often if it is at or above 120/80.

Maintaining a healthy diet, getting daily exercise, and taking prescribed medication can help to lower blood pressure. Maintaining healthy blood pressure is critical in preventing later health problems, such as heart attack, stroke, heart failure, and dementia.

5. CHOLESTEROL SCREENING:

Women should begin cholesterol screening between the ages of 40 and 45. After the first screening, cholesterol should be checked once every five years.

High cholesterol levels can lead to heart attack or stroke. If testing shows that you have high cholesterol, it's important to work with your doctor to lower it. Recommendations often include changes in diet, regular exercise, weight loss, and prescribed medication.



50s

They say that how you feel when turning a benchmark age, like 50, is all in your state of mind. Although that is very true, maintaining good health habits will help you to continue to feel young and energetic during your 50s.

The following tips will help you to maintain a healthy lifestyle in your 50s. During this decade, we experience many changes as we go through menopause, and it's important to make certain lifestyle adjustments and to plan regular visits with your doctor for tests and screenings.



1. LIFESTYLE CHANGES: During your 50s, it's important to focus on eating healthy and staying active. You can keep your bones strong by walking, running, or participating in other forms of exercise several times a week. Yoga and meditation can help to reduce stress.

During menopause, hormone swings can be helped by eating food or supplements that contain healthy fats, including omega-3 fats, omega-9 fats, and gamma linolenic acid. These fats help to keep your skin and hair vibrant at a time when hormone levels may be declining. Hydration is a must too, and drinking at least 100 ounces of water each day is recommended.

2. SIGHT AND HEARING: As we age, we want to keep our senses sharp. Exercise and diet will certainly help, but it's also important to schedule regular examinations for hearing and vision.

Lifestyle plays a major role in maintaining our senses as we age. It's best to avoid loud noises or to wear ear plugs in loud environments. Eating a well-balanced diet can help to protect against some age-related eye disorders, as will wearing sunglasses to protect your eyes from bright sunlight. Many people need to start wearing reading glasses during their 50s.

3. COLONOSCOPY: Starting at age 50, women should have a colonoscopy once every ten years. This painless procedure typically takes about a half hour and is critical in detecting colorectal cancer.

Colorectal cancer, or cancer of the large intestine, is preventable. However, about a third of those who get this disease die as a result, making it the second leading cause of cancer deaths in women nationwide.

4. SHINGLES VACCINE: Those of us who had chickenpox when we were younger are at risk for shingles later in life. Typically, shingles affects both men and women who are 50 and older. Shingles isn't life-threatening, but it can be very painful.

Right now, the only way to protect against shingles is to get the shingles vaccination. Several types of vaccinations are available. It's a good idea to ask your care provider if the shingles vaccine is recommended for you.

5. MENOPAUSE: On average, women stop having their periods around the age of 51. During menopause, hormone levels drop, and dry skin, hot flashes, and/or mood swings may occur. Also, because the lining of the vagina becomes thinner and drier, it's important to use a lubricant to alleviate painful sex.

If you find that you experience uncomfortable symptoms during menopause, talk to your doctor. There are treatments and lifestyle changes, ranging from hormone therapy to getting enough sleep that can help.

60s

The best way to stay healthy in our 60s and beyond is a mix of more and less. We may need to make changes to our diets, sleep habits, and fitness programs, and we may need more frequent visits with our team of health care providers.

To live with confidence and good health through your 60s and beyond, follow these tips that recommend scaling back on certain lifestyle habits and increasing others. All of these changes can help to keep your heart, brain, and bones healthy.



1. HEART HEALTH: The mid-60s and beyond is a prime time for heart attacks, strokes, and heart failure. Heart disease is the No. 1 cause of death for Americans, and heart disease accounts for more than 20% of all deaths among women ages 65 to 74.

Limiting or stopping certain activities and staying active are easy ways to maintain your health. Don't smoke, and limit your intake of salt, sugar, and saturated fats from meats and dairy. Aim for half an hour of walking, yoga, swimming, or other active movement each day.

2. DEXA SCAN: Bone health is another concern as we age. Osteoporosis is a bone condition that causes bones to thin and weaken over time, making them easier to break. This condition affects one in four women age 65 and older.

A DEXA scan is recommended for all women at age 65. This scan is a noninvasive test that measures bone mineral density to assess the risk of osteoporosis or bone fracture. If the scan shows that you are at risk, you can work with your doctor to help reduce the effects of osteoporosis.

3. BRAIN HEALTH: Nearly two-thirds of Americans who have Alzheimer's disease are women. To reduce your risk and protect your brain, it's important to stay active and to keep your mind sharp.

There are many ways to stay active in your 60s and beyond. Some ideas include joining a local senior's group or club where you can meet new people, learning a new skill or hobby, and developing a new exercise routine. New experiences later in life can improve your recall of older memories and strengthen the new ones being made.

4. FALL PREVENTION: Falls at any age can be dangerous, especially as we age. In fact, older adults are two times more likely to die as a result of a fall than in a motor vehicle crash.

Tips for preventing falls include keeping a safe home environment that is free of hazardous obstacles; understanding the medications you take, the reasons for taking them, and their side effects; exercising regularly to increase balance, mobility, and strength; getting routine eye and hearing exams; and talking with your health care provider if you have any risks.

5. WELCOME TO MEDICARE VISIT:

At age 65, if you are newly enrolled in Medicare Part B, you are eligible for a one-time Welcome to Medicare Visit within the first year of your membership.

Schedule this visit with your primary care doctor. It's a great opportunity to strengthen your relationship with your doctor at the start of your Medicare coverage.



The Ripa Center for Women's Health

At the Ripa Center for Women's Health and Wellness at Cooper, we get it. You're a busy woman with limited time to take care of yourself. While juggling all of life's responsibilities, scheduling appointments and managing your health care can often fall to the bottom of your to-do list.

That's why we offer comprehensive, high-quality women's health care in one convenient location. Here we provide personalized and coordinated services to keep you connected to the primary care and specialty care providers who best meet your needs.



At The Ripa Center our team has taken a number of steps to put **Your Health First** when you come in for a visit. Simply put, it is safe to visit The Ripa Center. Let our team provide you with the comprehensive and compassionate care you have come to expect from South Jersey's leading academic health system.

Women's Services Include:

- Primary Care
- OB/GYN
- Cardiology
- Imaging
- Endocrinology
- And much more!

Schedule an Appointment

Request an appointment online, or simply call The Ripa Center at **856.536.1257** and our staff will take it from there!

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