

# Your 50s

## YOUR 50s:

This can still be an extremely busy time as you continue to work and support family as they become more independent and move into further education and away from home.

Health risks increase in your 50s especially if you have neglected to take care of your own health in the past.

This is a great time to take action – eat healthy nutritious food, lose weight and start to undertake more activity.

Ageing may start to affect your physical strength, energy and libido and sense of masculinity.

There may be added risks with family history of prostate or bowel cancer discuss this with your GP while having your annual health check.

## DIY TIPS

- Keep fit by exercising at least three times each week for 30 minutes – try a brisk walk or try cycling
- Time Out – enjoy your friends and family
- Drink moderately; are you having at least three-alcohol free days each week?
- Laugh lots and loud
- Talk about any problems or concerns you may have with your friends or family or talk to a GP or counsellor.

## 50'S HEALTH CHECK

- ✓ Weight and waist measurement
- ✓ Blood pressure
- ✓ Cholesterol and glucose levels
- ✓ Eye Checks
- ✓ Bowel cancer screening
- ✓ Tetanus booster each 10 years
- ✓ Blood tests for kidney and liver function.
- ✓ Mental health - talk about any issues or concerns, your GP or a counsellor will assist
- ✓ Hearing check
- ✓ Sexually transmitted diseases

