

In your **70s** and beyond In the reflection of life

Each decade of a woman's life is a "ten-year transition" with opportunities for renewal, transformation and the pursuit of vibrant good health — mind, body and spirit.

In the reflection of life...

Time to give and accept help, share life secrets, reflect on your achievements and the legacy you want to leave behind.

To put the shine on your golden years in your 70s:



Every day, be:

- Physically active
- Nutritionally smart
- In-the-know about preventive screenings

Skin

- Annual mole and overall skin exam
- Practice monthly self-exam of all moles

Heart

- Cholesterol panel – total, LDL, HDL and triglycerides
- Blood pressure – at least once every two years

Breast

- Mammogram – every one to two years

Reproductive

- Internal exam with Pap test – discuss with your healthcare provider

Bones

- Bone density test – talk to your healthcare provider

Colorectal

- Annual fecal occult blood test
- Rectal exam – every five to ten years
- Sigmoidoscopy – every five years (if not having colonoscopy)
- Colonoscopy – every ten years

Eyes, Ears and Teeth

- Vision exam – every one to two years
- Hearing exam – every three years
- Semiannual dental visits for exam and cleaning

General

- Sleep habits – discuss at annual exam
- Immunizations
 - Tetanus once every TEN years
 - Influenza – yearly
 - Pneumococcal – one time only
 - Herpes zoster vaccine – one time only
- Thyroid test (TSH) – every five years
- Diabetes check – fasting blood glucose – every three years

Spirit of
Women.

For more information, visit: spiritofwomen.com/life_70s.html



San Antonio Community Hospital has been caring for generations of women in the Inland Valley for over 100 years. Think of us as your healthcare partner—committed to helping you lead a healthier life through every stage of being a woman.

Women's Breast & Imaging Center 909.579.6700

Our beautiful and inviting center offers advanced breast imaging and minimally invasive diagnostic procedures in an atmosphere of comfort and support. Services include digital mammography, breast ultrasound, minimally invasive breast biopsy procedures, bone density testing, a nurse navigator, support groups, and educational resources.

Heart Center 909.920.HRTS (4787)

Fact: Heart disease is the #1 cause of death for women. Our Heart Center is recognized for its dedication and commitment to the prevention and treatment of cardiac disease. We integrate a broad spectrum of services, from diagnosis and intervention, to rehabilitation and prevention, all in a state-of-the-art environment. The Heart Center team of cardiologists, cardiac surgeons, nurses, and technologists possess the expertise, professionalism, and compassion to provide women with exceptional cardiac care.

100 Top Hospital

San Antonio Community Hospital (SACH) was named one of the nation's 100 Top Hospitals by Thomson Reuters, a leading provider of information and solutions to improve the cost and quality of healthcare. SACH was also one of only 23 hospitals nationally, to be awarded Thomson Reuters' new *Everest Award for National Benchmarks*.

Community Education and Support Groups 909.944.WELL (9355)

Education is vital to prevention, so we are happy to offer women a variety of classes and free lectures throughout the year on important health topics. In addition, a number of support groups are also available for various health issues.

Physician Referral Service 909.985.DOCS (3627)

Our physician referral service can help you find a physician specifically tailored to your needs. We have hundreds of primary care physicians and specialists in our database, with information about their training, office locations and hours, and insurances accepted. All physicians included in this service are members of our medical staff.

For complete information on our services, please visit: SACH.org
San Antonio Community Hospital is located at 999 San Bernardino Road, Upland, CA 91786.