

# General Medical Tests to be done for seniors:



**Hearing Test:** Hearing loss is often a natural part of aging. It can be caused by an infection or other medical conditions. It can be treatable depending on the cause and seriousness of your hearing loss.



**Lipid Profile:** It is a blood test that measures your total cholesterol- i.e. good and bad cholesterol. It helps to monitor cardiovascular risk. In case of high cholesterol level, that can be treated by diet and medication.



**Urine analysis for infection:** Urine analysis helps to monitor if any infection in the Urinary tract. UTI is common in the elderly.



**Bone density scan:** A bone density scan measures bone mass, which is a key indicator of bone strength.



**Vitamin – D test:** You may need this test performed annually. As you get older your body has a harder time synthesizing vitamin D.



## Essential test for Male:

**Prostate cancer screening:** The benefits of screening for prostate cancer helps in measuring a man's prostate-specific antigen (PSA)



## Essential tests for Female:

1. **Mammogram:** This test helps to screen breast cancer. Talk to your doctor about when you should begin regular mammograms and how often you should have them.



2. **Pelvic exam, Pap smear, HPV test:** Women over 60 still need to get regular pelvic exams, Pap smears, or human papillomavirus (HPV) tests. These tests help screen cervical cancer.



3. **TSH (Thyroid Stimulating Hormone):** The thyroid is a gland in your neck that regulates your body's metabolic rate. The production of low TSH hormones may cause laziness, weight gain, or achiness.