

# Advanced health screenings by decade for women

Our take on the most valuable tests for female health enthusiasts to elevate your health and optimise your longevity by decade.

**30s**

## Build your baseline

- Establish baseline with comprehensive blood and urine test
- Tailor lifestyle choices with a nutrigenomic DNA panel
- Map microbiome to uncover gut imbalances and inflammation
- Detect hidden inflammatory triggers with food sensitivity testing
- Begin routine screenings like skin, breast, and blood pressure
- Prioritise dental health with integrative oral assessments

**40s**

## Metabolism & hormones

- Track lean mass and fat with body composition testing
- Use a CGM to reveal personal glucose patterns
- Improve resilience and mobility with functional movement coaching
- Map sex and stress hormones using DUTCH Complete
- Re-check full thyroid panel to uncover hidden imbalances

**50s**

## Brain & heart health

- Track cognition and hormones to protect brain health
- Test advanced lipids and consider heart imaging scans
- Benchmark healthspan with annual functional performance testing
- Stay current with all standard health screenings

**60s**

## Monitor & maximise

- Check bone density with DEXA or REMS scan
- Audit and upgrade lifestyle habits for longevity
- Prioritise mobility and strength with expert guidance

**70s**

## Strengthen & stay active

- Repeat broad blood panel every 1-2 years
- Test amino acids to check protein absorption efficiency
- Use CGM to assess glucose, stress, and sleep
- Reassess cognitive performance and keep brain actively engaged
- Build strength and balance to prevent falls

**80s**

## Foundations & risks

- Prioritise hydration, protein, and nutrient-dense meals
- Maintain checks to prevent falls, heart, and cognitive decline
- Use blood chemistry to monitor hydration status
- Test protein markers and muscle strength for adequacy
- Nurture connection, purpose, and lifelong learning

Read the full article on the advanced health checks for women at:

[optimise.mfm.au/blog/womens-health-week-advanced-checks-for-next-level-health/](https://optimise.mfm.au/blog/womens-health-week-advanced-checks-for-next-level-health/)