

# How Often Should Seniors See Their Doctors?



Oaks  
SENIOR LIVING



## Doctors Your Loved One Should See **Every Year**

The doctors listed below should be seen at least once a year, regardless of age. If your loved one has a condition that requires further attention, ask their physician how often they should have an exam done!



**Family Doctor**



**Gynecologist**



**Dentist**



**Radiologist  
(Mammogram)**

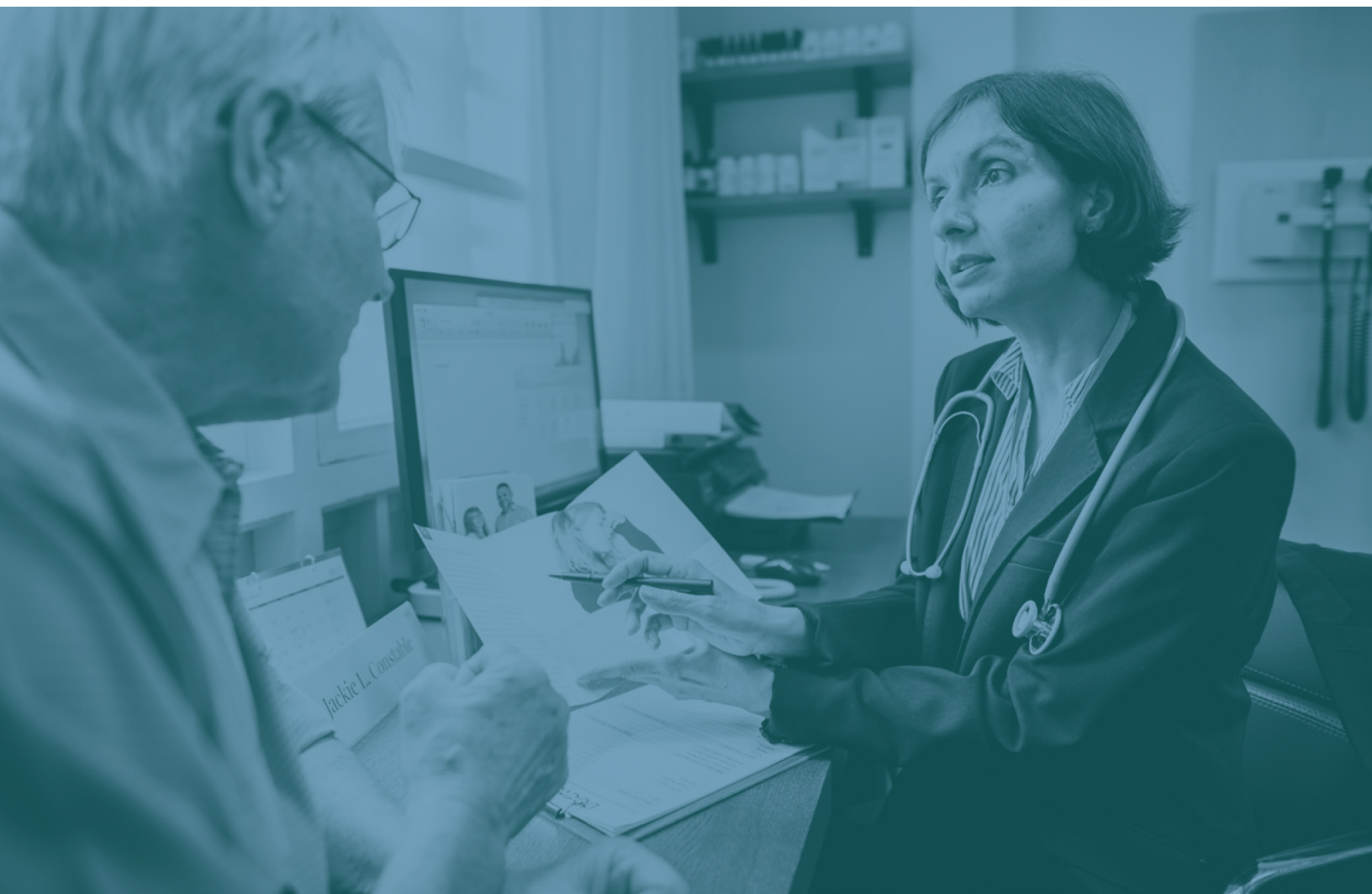
## The Importance of **Regular Check-Ups**

As your loved ones age, the frequency at which they need to see a doctor increases.

Routinely visiting physicians can help seniors manage their health conditions, prevent prolonged health issues, and increase awareness of the risk factors associated with aging.

Follow-up appointments should always be arranged after your loved one visits general physicians and specialists to promote routine visits.

If your loved one's health status changes substantially, they should see a professional immediately rather than waiting for a scheduled appointment!





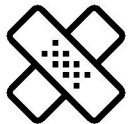
## Seniors Ages **50-59**



### **Optometrist**

Seniors should see their optometrist every 1–3 years to maintain eye health.

This age range is when many eye issues may develop; so don't miss any appointments!



### **Dermatologist**

A dermatologist should be seen every 1–2 years, depending on your loved one's skin health.



### **Geriatrician**

Geriatricians are not recommended until reaching age 65, unless otherwise directed by a primary physician.

## Seniors Ages **60-69**



### **Optometrist**

Your loved one will need to see an eye doctor every 1–2 years to continue managing existing or potential eye conditions.



### **Dermatologist**

Seniors should continue to see a dermatologist at least every 2 years, unless otherwise directed.



### **Geriatrician**

At age 65, your loved one should begin to consult a geriatrician for age-specific health advice.

## Seniors Ages **70-79**



### **Optometrist**

Seniors should continue to see eye specialists at least 1–2 years, unless they have an existing condition that requires additional attention.



### **Dermatologist**

Your loved one should now be seeing their dermatologist every year to prevent potential skin conditions.



### **Geriatrician**

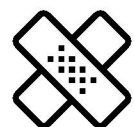
Your loved one is recommended to transition from an internal medicine or family medicine doctor to a geriatrician, unless otherwise advised.

## Seniors Ages **80+**



### **Optometrist**

Due to the risk of prolonged eye conditions, seniors should start seeing optometrists every year, unless instructed otherwise.



### **Dermatologist**

Annual dermatology check-ups should continue to manage and prevent any additional skin conditions.



### **Geriatrician**

Seniors should be seeing geriatricians at least once a year to monitor and manage ongoing age-related health conditions.

