

WOMEN'S HEALTH

TIPS FOR LEADING A HEALTHY LIFE

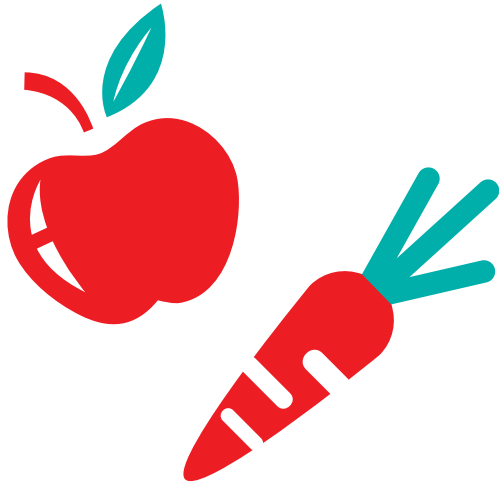
You can take some simple steps to support your health and your future. Here are a few recommendations:

- + Eat healthy
- + Stay at a healthy weight
- + Get moving
- + Be smoke-free
- + Get routine exams, immunizations and screenings
- + Take any medications you need
- + Avoid heavy drinking
- + Manage stress
- + Get enough sleep
- + Know your risks
- + Stay safe

WOMEN'S HEALTH FACTS

- **More than 75% of women** 40-60 years old have at least one risk factor for heart disease, the most common cause of death in women in the United States.
- Almost **one out of every two pregnancies** is unplanned. Women should talk their doctor about family planning and birth control.
- More than **twice as many women than men** have been diagnosed with anxiety.
- Women are almost **twice as likely** as men to experience depression.
- Women need 2.5 hours of moderate intensity exercise each week – about 30 minutes a day. **The more exercise you do, the more your risk of early death goes down.**
- Nearly **2 out of 3 women** in the U.S. die of chronic diseases like heart disease, cancer and diabetes. A healthy diet and weight can protect you from chronic diseases.
- Each year, **1 in 5 women** in the U.S. has a mental health problem such as depression, post-traumatic stress disorder, or an eating disorder.





DIET & EXERCISE

- Try to eat foods with high levels of potassium to help lower blood pressure.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Try replacing white bread and white rice with whole-grain bread and brown rice.
- While fruit bars or fruit-flavored snacks seem like a nice sweet treat, it is better to eat whole fruit like apples and oranges.
- Avoid energy drinks, fruit drinks and soda, instead, drink water, seltzer, or unsweetened tea.

TALKING TO YOUR DOCTOR

- Breast cancer is a leading cause of death for women. Talk to your doctor about when you should start getting mammograms.
- Women should get routine pap smears; women ages 21 to 65 should get tested every 3 years. This may differ if you have certain conditions or have had your cervix removed.
- Ask your doctor about cancer screenings. Adults should get screened for colorectal cancer starting at age 50. Talk to your doctor about your risk factors and family history.
- Schedule necessary tests, such as screenings for high blood pressure, high cholesterol and obesity.
- Set health goals, such as being active and maintaining a healthy weight.

QUESTIONS FOR YOUR DOCTOR

- ① How many calories should I eat and how often should I exercise to maintain my current weight?
- ① Should I have a yearly physical exam?
- ① What types of preventive care does my insurance cover?
- ① When should I start getting screened for certain cancers and conditions?
- ① What vaccines do I need?



REFERENCES

National's Women's Health Week, Infographics: <https://www.womenshealth.gov/nwhw/tools/infographics>

Family Doctor, "What You Can Do to Maintain Your Health": <https://familydoctor.org/what-you-can-do-to-maintain-your-health/?adfree=true>