

Get Healthy Stay Healthy

WOMEN'S HEALTH MONTH – FACE THE FACTS

Women have many unique health concerns. A number of health issues affect only women while others are just more common in women. Many diseases affecting both genders may present differently in women and may even require specific treatment.¹

The good news is that making a few lifestyle changes may significantly lower your risk for cancers, heart disease, stroke, and some reproductive health issues.^{11,12}

Mental Health



More than 1 out of 5 U.S. women experienced a mental health condition in the past year, such as depression or anxiety.²

Heart Disease



cause of death for women in the U.S.⁴



Causing about 1 out of 5 deaths.⁴

Cancer

The three most common cancers in women are breast, lung, and colorectal. They accounted for **APPROXIMATELY 50% OF ALL NEW CANCER DIAGNOSES IN 2020.**⁵



1 out of 8 U.S. women will develop invasive breast cancer in their lifetime.⁶

Stroke



cause of death for women in the U.S.⁷

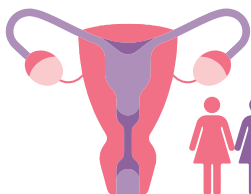


main risk factor: **HYPERTENSION**⁷

Reproductive Health



About 1 out of 10 U.S. women, aged 15-44, have difficulty getting pregnant or staying pregnant.³

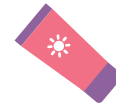


Menopause often happens between ages 45-55.³



1 out of 3 U.S. women have had a hysterectomy by age 60.³

Protect Yourself



SPF 15+

Wear long pants, long-sleeved shirts, and wide brimmed hats and make sure to put sunscreen on any exposed skin.⁸

Use a broad spectrum sunscreen on any exposed skin, and don't forget to re-apply it **EVERY TWO HOURS.**⁸



Stay in the shade as much as possible.⁸

Quit Smoking

About 1 out of 8 smoke.⁹



Women who smoke are **TWICE** more likely to have a heart attack than those who don't.⁹

Eat Healthy

Choose healthy foods. Being overweight raises your risk of heart disease.⁴



Talk to your doctor about taking calcium, iron, and omega-3 supplements for overall health.¹¹

Manage Your Cholesterol

Estrogen plays a big part in cholesterol levels. During menopause, as estrogen starts to wane, LDL (bad cholesterol) levels start to rise. Lifestyle changes and medication can help manage cholesterol levels.¹⁰

Visit Your Doctor

Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, diabetes, breast and colorectal cancer.



Get Active



ABOUT 4 out of 5 aren't active enough.¹²

Adults 18+ should get at least 150 minutes of physical activity each week.¹²



Sources:

- [1. https://bit.ly/332eAhv](https://bit.ly/332eAhv)
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- [3. https://bit.ly/331qwjn](https://bit.ly/331qwjn)
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