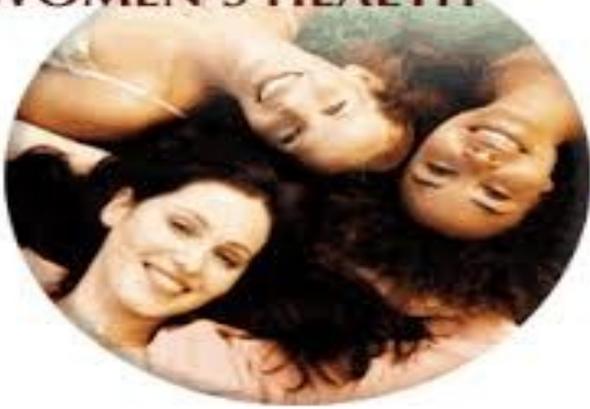


WOMEN'S HEALTH



PRACTICE HEALTHY HABITS

- Quit smoking; it's never too late!
- Get more physical activity.
- Eat healthy
- Tame stress.
- Get regular checkups.
- [CLICK HERE FOR STEPS TO BETTER HEALTH BY AGE.](#)

HEALTH ISSUES & FACTS

- Unique health issues for women include pregnancy, menopause and conditions of the female organs.
- Heart disease is the #1 killer.
- Women are more likely to die following a heart attack than men.
- Women are more likely to show signs of depression and anxiety.
- Osteoarthritis affects more women than men.
- Women are more likely to have urinary tract problems.

SCREENINGS

- Yearly gynecology appointments.
- Monthly self breast exams. Your doctor can show you techniques.
- Bone density screenings.



VISIT THESE SITES FOR MORE INFORMATION:

- <https://www.nlm.nih.gov/medlineplus/womenshealth.html>
- <http://www.mayoclinic.org/healthy-lifestyle/womens-health/basics/womens-health/hlv-20049411>