

National Women's Health Week

May 8-16, 2016

Women are often the caretakers in our society. It's not uncommon for women to put off looking after their own health in order to take care of their family's needs. This information is not only for women and but also for men who have important women in their lives. **Make health a priority!**

What every woman should do:

- Get a primary care doctor, you should also have an OB/GYN doctor if your primary doctor doesn't do women wellness checks or you are currently or trying to get pregnant. There are low cost clinics available in North Texas. <http://www.211texas.org>
- Get active, exercise regularly and get up and move hourly when you are sitting for long periods.
- Eat healthy: this includes eating plenty of fruits and vegetables and limiting your intake of processed foods and saturated fats. <http://www.eatright.org/>
- Maintain a healthy weight. www.cdc.gov/healthyweight/
- Wear sunscreen daily. www.skincancerprevention.org/
- Go for regular checkups and preventative screenings. <http://womenshealth.gov/aging/wellness/health-checkups-screenings.html>
- Get at least seven hours of sleep each night and try to find ways to reduce stress such as exercising and meditation.
- Avoid unhealthy behaviors such as smoking and excess alcohol consumption (more than 1 drink per day and no drinks if you are pregnant). <http://www.cdc.gov/>
- Get a flu shot yearly. www.cdc.gov/flu/protect/keyfacts.htm
- Practice safe sex. <http://www.cdc.gov/sexualhealth/Default.html>
- Seek professional help if you are having mental health problems. www.nimh.nih.gov/. National Suicide Prevention Hotline 1-800-273-8255.
- Notify your doctor if you are experiencing changes in your health.
- Report domestic violence. National Domestic Violence Hotline 1-800-799-SAFE (7233)

Ask your doctor if you need...

These may be dependent on age, existing medical conditions, family history and risk factors.

- Yearly medical tests, such as blood work and screening exams, and immunizations.
- Supplements and medications such as vitamins and aspirin.
- Any special equipment or monitoring.

What you should know:

- Your family medical history, especially first degree relatives (parents, siblings and children)
- Your insurance coverage and benefits.
- How and when to contact your physician(s).

For more information:

- American Cancer Society <http://www.cancer.org/healthy/findcancerearly/womenshealth/>
- Healthy Texas Women <https://www.healthytexaswomen.org/>
- Women's health.gov www.womenshealth.gov/nwhw/
- There are also some great phone apps to help you stay healthy, go to iTunes or Google Play.



The Medical Center of Plano



Health Yourself Byte