

Innovative WellNews

April 2023

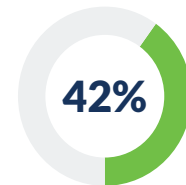
Women's Health



45% of women over the age of 20 have high blood pressure



The leading cause of death in women is heart disease



42% of women over the age of 20 are obese

Most of us have females in our life that we care about and want to see healthy. These females can have many different roles such as mother, grandmother, friend, aunt, sister, cousin, coworker, and many more. Did you know that women who are caregivers are at a greater risk for poor physical and mental health, including depression and anxiety? This is why it is so important that we take some time to discuss women's health and some considerations that should be shared with those important women in our lives. Keep reading for some tips to promote women's health.



Stay hydrated

Aim for about 8-10 glasses of water per day



Aim for a healthy diet

Incorporate more fruits and vegetables and less processed foods



Take care of your skin

Wear sunscreen even when not in the sun and keep your skin moisturized



Be active

Try to fit in 30 minutes of physical activity 5 days per week



Get your check-ups

Early detection can prevent complications



Get more sleep

Aim for 7-9 hours of good quality sleep each night

Recommended Preventive Screenings

There are many preventive screenings that may be recommended based on your individualized needs and history, however, here are the most common screenings you should consider on a regular basis.

- Annual Physical Exam
- Annual Well Woman Exam – should receive a pap smear every 3-5 years
- Osteoporosis Screening – recommended at age 65 or earlier with risk factors
- Mammogram – recommended yearly beginning at age 45 or earlier with risk factors
- Colon Cancer Screening – starts at age 45 now or sooner depending on family history

Try out our women’s health word search this month and don’t forget to share your completion!

Women’s Health Word Search

P S A C A R E G I V E R V B N
W C H E L T H Y X H Z B X J
W R F P Q F S M Y B Y L N U Y
P E O J O Z S W K C P X M L H
Z E F V S W S S G D E W A B W
A N R B T O P Z P D R Q M M U
B I U C E M Y Q S Q T O M S Q
A N C F O E W Z K Z E R O U A
T G E T P N W S U Y N B G N F
A S H Q O G F R X N S G R S E
Z R E T R Z D G W D I P A C T
U U A G O L B L K B O S M R P
J L R T S O K H V A N M V E T
J S T R I Z J N Q E R T T E T
V R Z Z S Z L E F O D C V N D

OSTEOPOROSIS
MAMMOGRAM
SUNSCREEN

SCREENINGS
HYPERTENSION
HEALTHY

CAREGIVER
HEART
WOMEN

Resources:

<https://www.cdc.gov/healthequity/features/7facts-womens-health/index.html>
<https://www.cdc.gov/nchs/fastats/womens-health.htm>

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