

# South Central's Health on Blast

*“May 13th-19th -2012 National Women's Health Week”*

- Women and men have many of the same health problems, but they can affect women differently.
- Women sometimes neglect their own health and focus instead on their partner's and their children's. Take care of yourself first!
- Manage Stress-Set realistic standards and goals. Use your calendar to avoid taking on too much. Make time each day to relax and unwind, even if only for a few minutes.
- Have regular mammograms, consult you doctor if you have a history of breast cancer in family early in life.
- Get regular checkups and screenings-Steps to take before your next visit
  - Review your family Health History
  - Find out if you are due for any general screenings and vaccinations
  - Write down and issues or questions to take with you
  - Consider your future as it relates to and health issues you want to address-losing weight, stopping smoking, planning for pregnancies or infertility
- Some diseases or conditions are more common in women, such as osteoarthritis, obesity and depression, lupus .

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- The Office on Women's Health in the U.S. Department of Health and Human Services started the WOMAN Challenge in 2001 as a part of National Women's Health Week to encourage women across the country to get active.

**Join the 2012 WOMAN Challenge!**

<http://www.womenshealth.gov/whw/woman-challenge/>

**Print your own**

The Office on Women's Health 2012 Calendar

Healthy Body, Healthy Mind, Healthy Spirit

<http://www.womenshealth.gov/publications/our-publications/calendar/2012/2012-Calendar-English.pdf>

Being active and healthy eating are important for living longer, healthier, and happier lives.