



Fact Sheet

Focus on women's health

One of the most important things a woman can do for her own health is to get an annual checkup. Annual exams and screenings can help prevent problems, or find them early when the chances for treatment and cures are higher.

At an annual exam women can talk with their health care provider about their family health history, family planning issues and lifestyle choices. They can get testing and screening for things like blood pressure, cholesterol, colorectal cancer, or breast cancer. They can also set health goals like being physically active at least 30 minutes a day, or eating five servings of fruits or vegetables daily.

The Affordable Care Act (ACA) allows most women to receive screenings or services at no cost. Get details at <https://www.healthcare.gov/preventive-care-benefits/women/>.

In addition to an annual exam, making small lifestyle changes can lead to big health impacts and lower the risk for certain diseases and conditions.

- Regular physical activity 30 – 60 minutes 3 to 5 times a week reduces the risk of depression, improves sleep and memory, manages stress and improves mood. It can also prevent or delay many diseases and disabilities later in life.
- Women should get 7 – 8 hours each night to lower their risk of high blood pressure, depression, obesity, diabetes, heart attack and stroke.
- Eating at least five servings of fresh fruits and vegetables each day helps control weight.
- Stopping unhealthy habits like smoking, indoor tanning, and addiction can reduce the risk of diseases and improve health.

During Women's Health Week, encourage the women in your life to make decisions that impact their health – decisions to get a checkup, exercise, eat right, sleep and stop bad habits.

Learn more by visiting www.phelpscountyhealth.com, Facebook, Twitter, or by calling (573) 458-6010. The Phelps/Maries County Health Department – caring for your family, caring for our community, caring for YOU!



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