HealthyActions
Achieving Your Goals for Healthy Living





Women's Health Checklist

Screening tests can find diseases early when they are easier to treat.

What Else Can I Do To Prevent Disease?

- Eat healthy foods.
- Lose weight if you are overweight.
- Be active.
- Don't smoke. Watch how much alcohol you drink.
- Manage stress in your life.
- Have yearly checkups with your doctor. Get yearly screening tests.
- Follow your doctor's advice.
- Do something you enjoy every day.

Screening tests can find diseases early when they are easier to treat. Talk to your doctor about when and how often you should have these tests: mammogram, Pap test, test for colorectal cancer, blood pressure test, cholesterol test, bone density test, blood sugar test, and chlamydia test.

Should You Take Medicines to Prevent Disease?[1]

Ask your doctor if you should take aspirin to prevent heart disease. If you have breast cancer in your family, ask your doctor about drugs that can prevent breast cancer. Stay up-to-date with your immunizations. Talk to your doctor about whether you need a flu and pneumonia shot.

Many doctors feel you should not take hormones (HRT, or hormone replacement therapy). Talk to your doctor if you are in menopause and need relief from symptoms. If you take hormones already, don't stop taking them until you talk to your doctor.

Healthy Eating

What you eat and drink affects your health. Make healthy choices like having fish instead of beef. Snack on fruit, vegetables, or yogurt instead of chips or cookies. Try to eat 5-9 servings of fruits and vegetables every day. Read food labels and eat smaller portions. Eat foods low in fat and use less salt. Here are some examples of serving sizes[2]:

- 1/2 cup rice or pasta
- 1 small piece of fruit
- 1 cup of milk
- 2 oz cheese (about the size of a domino)
- 2-3 ounces of meat, poultry, or fish (about the size of a deck of cards)

If you drink alcohol, have no more than one drink a day.

Start Moving

Being overweight increases your risk for heart disease, stroke, and diabetes.[3] Try to be active for 30 minutes a day on most days. Find something you enjoy, like walking briskly, swimming, or dancing.

Stop Smoking!

Most people know that smoking can cause lung cancer and lung disease. But did you know that smoking causes other cancers and heart disease?[4] Women who smoke are about two times more likely than nonsmokers to get cervical cancer.[5] Talk to your doctor about how to break this unhealthy habit. To talk to someone about how to quit, call the National Quitline: 1-800-QUITNOW.

HEALTHY JOURNEY Live Well. Be Well.

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Manage Stress and Your Mental Health

We all have some stress in our lives, but too much can play a role in health problems like heart disease. Find ways to manage your stress like exercising or talking to someone. If you have "down" times that last long and/or if you have lost interest in activities that you used to enjoy, you may be depressed. Women have depression at about twice the rate that men do.[6] See your doctor to find out if you could be suffering from depression.

Screening Tests for Women: What You Need

Screening tests like Pap tests and mammograms help you find diseases early, when they are easier to treat and cure. Take the Women's Health Checklist to your doctor on your next visit. Keep track of when you have the tests. Talk to your doctor about your results and write them down here.

Questions to Ask My Doctor.

Some examples of questions you might want to ask your doctor: "Can you name all the tests that were done today, and tell me what my goals/numbers should be for each test?"

"Is hormone replacement therapy for reducing symptoms of menopause a safe option for me?" "Am I at risk for osteoporosis?"

References

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