



# HealthyPeople

## NATIONAL WOMEN'S HEALTH WEEK

The 18th annual National Women's Health Week kicks off on Mother's Day, May 14, and is celebrated through May 20, 2017.

### WHAT STEPS CAN YOU, AS A WOMAN, TAKE FOR BETTER HEALTH?

- **Visit a doctor or nurse** for a well-woman visit (checkup) and preventive screenings.
- **Get active.**
- **Eat healthy.**
- Pay attention to mental health, including **getting enough sleep and managing stress.**
- **Avoid unhealthy behaviors**, such as smoking, texting while driving, and not wearing a seatbelt or bicycle helmet.

Get the conversation started at your next well-woman visit. A well-woman visit is a yearly preventive checkup with your doctor. It's a time to check in on how you're doing, how you'd like to be doing, and what changes you can make to reach your health goals. In addition to talking with your doctor or nurse about your health, you may also need certain vaccines (shots) and medical tests.

Most private health plans cover certain preventive care benefits, including a yearly well-woman visit, without charging a copay, coinsurance, or making you meet your deductible. If you don't have insurance, you can still see a doctor or nurse for free or low-cost at a health center near you.



## GO RED FOR WOMEN MOVEMENT

The American Heart Association's Go Red For Women movement advocates for more research and swifter action for women's heart health. This campaign works to educate women about heart disease and your risks as a woman.

### IT'S TIME TO GO RED FOR WOMEN

There's much more work to be done before heart disease becomes a thing of the past. But together we can do it. Women who Go Red are helping uncover the truth about heart disease and have made incredible improvements in their heart health.

### WHAT CAUSES HEART DISEASE?

Heart disease affects the blood vessels and cardiovascular system. Numerous problems can result from this, many of which are related to a process called atherosclerosis, a condition that develops when plaque builds up in the walls of the arteries. This buildup narrows the arteries, making it harder for blood to flow through. If a blood clot forms, it can stop the blood flow. This can cause a heart attack or stroke.

Source: [www.women.gov](http://www.women.gov) and [www.goredforwomen.org](http://www.goredforwomen.org)



### HOW CAN YOU PREVENT IT?

Studies show that healthy choices have resulted in 330 fewer women dying from heart disease per day. Here are a few lifestyle changes you should make:

- Don't smoke
- Manage your blood sugar
- Get your blood pressure under control
- Lower your cholesterol
- Know your family history
- Stay active
- Lose weight
- Eat healthy