

Women's Health

Many diseases that affect women are treatable if detected early.

Speak to your doctor today about screening!



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World Breastfeeding Week

1 – 7 August

Breast milk gives your baby all the nutrients they need for healthy development for the first six months of life.

“Breastfeeding: A Winning Goal – For Life!”*

Speak to your doctor about continuing breastfeeding.



* World Breastfeeding Week 2014 Slogan

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Women's Health



Women have their own specific health concerns.

Compared to men, women are

MORE LIKELY TO:

- Experience depression
- Suffer migraine headaches
- Develop osteoporosis, rheumatoid arthritis, or lupus
- Live longer! (on average, women live 4 years longer than men)

LESS LIKELY TO:

- Lose their hearing
- Die from accidental injuries
- Skip preventative health screenings
- Delay medical care

Detect disease early, before symptoms or complications start.

Breast Cancer	At every age be aware of your breasts and see your doctor immediately if you notice any new changes. From age 50-74, get a mammogram every 1 to 2 years, although some authorities advise annual screening from age 40. If you are younger, ask your doctor on how and when to start screening.
Cervical Cancer	Every woman between 21-65 years should have regular Pap tests, even if she is not active sexually or has had menopause.
High Cholesterol	Some authorities advise screening from age 20, and then as often as your doctor recommends.
High Blood Pressure	Get your blood pressure checked no matter what your age. High blood pressure increases your risk of stroke and heart disease.
Diabetes	Get tested during pregnancy and at any time if you have any "risk factors". Some authorities advise screening for everyone after age 45.
Depression	Your emotional health is important. Anyone at any age can be depressed.
Bowel Cancer	Start testing at age 50 or earlier if you have a parent or sibling who has had bowel cancer.
Osteoporosis (thinning of bones)	Get tested from age 65 or earlier if your doctor recommends.
Obesity	Know your Body Mass Index (BMI) and waist measurement. Obesity puts you at higher risk for some medical conditions.

Speak to your doctor about screening today!

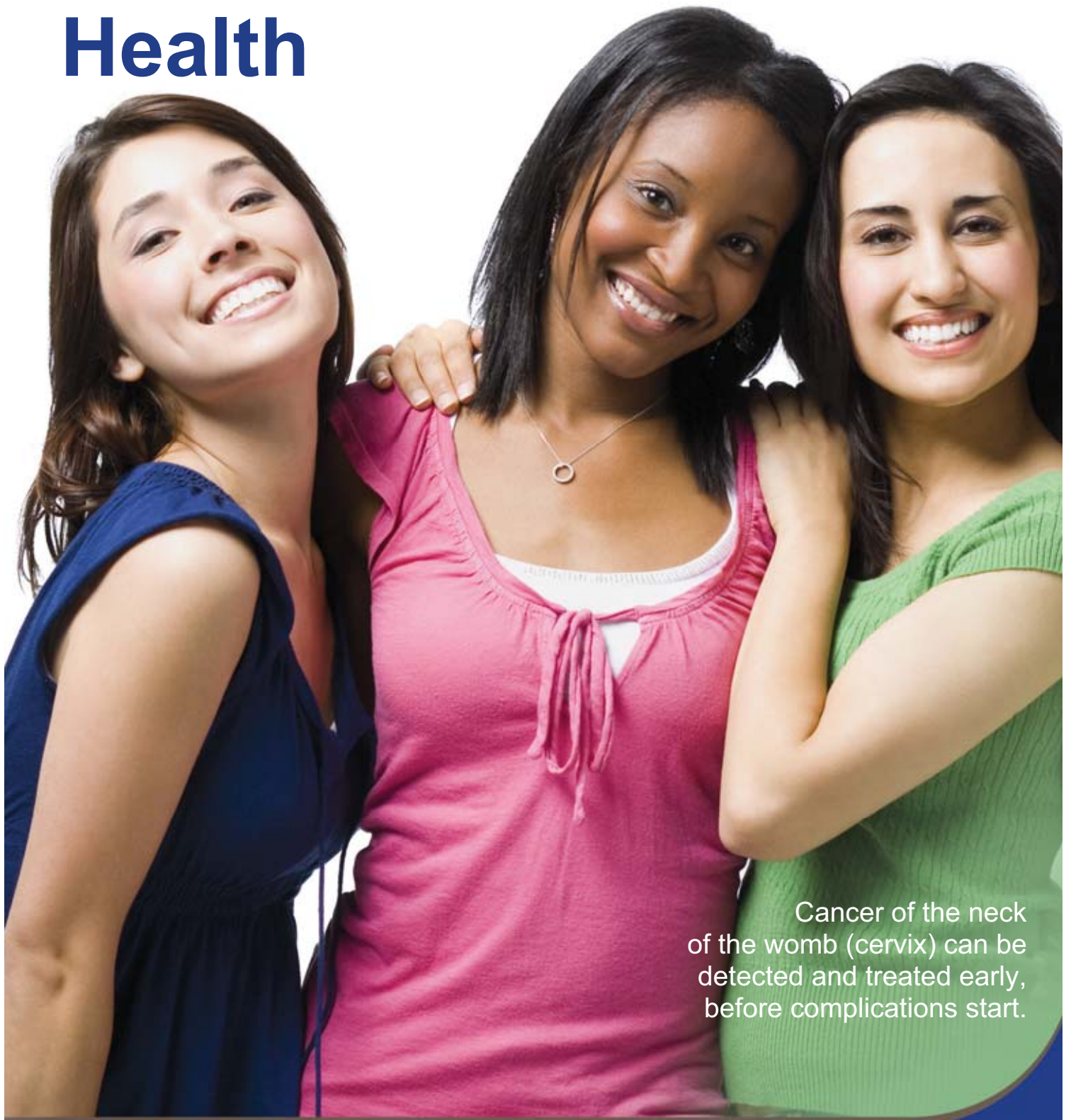


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Cancer of the neck of the womb (cervix) can be detected and treated early, before complications start.

Speak to your doctor about a Pap test!



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