Healthy Living

- Tips for healthy eating
  - More fruits & vegetables, whole grain foods, oily fish
  - Reduce sodium to below 1500 mg/day
  - Avoid trans fats, limit saturated fats
  - Read food labels
- Limit alcohol to 1 unit/day
- Stop smoking
- Increase daily physical activity by walking more, using stairs
- Lower calories & increase activity to reduce your body mass index

Get Screened for Breast Cancer!

Mammograms are the best way to detect breast cancer.

- Screening should begin in women over 40 years. Talk to your doctor about when to start screening and how often to be screened.
- If you have a family history of breast cancer, screening should generally start 10 years younger than the diagnosis of breast cancer in your first degree relative.
- Talk to your health care provider if you have symptoms or changes in your breast.

American Medical Women’s Association
The Vision and Voice of Women in Medicine since 1915

Great resources for women’s health are available at www.healthywomen.org

National Women’s Health Week
May 10-16, 2015

Health Tips For Busy Women

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