



Tips for Living a Healthy Life

Eat more vegetables, fruit, whole grain foods & oily fish

Avoid sugary foods (sodas, cakes, cookies)

Go lean with protein

Reduce salt

Avoid trans fats & limit saturated fats

Read food labels

Reduce your portion size if you need to lose weight

DO NOT SMOKE

Limit alcohol: 1 drink/ day

Increase physical activity; walk, use the stairs

Get all your immunizations

Get Screened For Cancer!

Mammograms are the best way to find breast cancer.

At age 40 talk to your health care provider about when and how you should be screened.

If someone in your family has or had breast cancer, you may need earlier screening, perhaps 10 or more years earlier than other women.

Talk to your health care provider if you have changes in your breast.

See your doctor for Pap smears.

At age 50 ask about having a colonoscopy.

Visit womenshealth.gov for more information

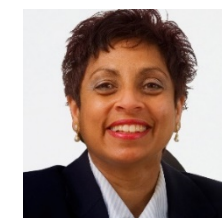


Scan the QR below for the free Preventative Medicine Task Force App:



May 14-20 2017

Health Tips for Busy Women



Source: Office on Women's Health in the U.S. Department of Health and Human Services. www.womenshealth.gov/nwhw



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



For more
information,
visit

www.womenheart.org

YOU HAVE INCREASED RISK FOR HEART DISEASE IF:

- 1) Your waist is greater than 35 inches
- 2) Your LDL cholesterol (bad cholesterol) is high
- 3) Your HDL cholesterol (good cholesterol) is below 50
- 4) Your blood pressure is higher than 130 / 85
- 5) Your fasting blood sugar is higher than 100

How do I know if I am having a *heart attack*?

- Chest discomfort, pain, squeezing, burning or mild to severe pressure in the center of your chest that lasts more than a few minutes or comes and goes
- Upper body discomfort in one or both arms, back, neck, jaw or stomach
Shortness of breath, with or without chest discomfort
- Dizziness, lightheadedness or fainting, nausea and vomiting, cold sweats
- Feelings of anxiety, fatigue, or weakness—unexplained or on exertion

What should I *do*?

- Call 911 immediately, and say you think you are having a heart attack.
- Chew or swallow one regular strength aspirin as soon as possible to prevent blood clotting.
- Make sure to let an ambulance take you to the hospital. Emergency personnel can begin treating you on the way. On arrival, make it clear that you are having symptoms of a heart attack. Ask for a complete cardiac evaluation.
- If you are waiting a long time in the ER, tell the staff again that you are having heart attack symptoms.