

WOMEN'S HEALTH MONTH

May is **Women's Health Month**, and it's a great time to begin focusing on the health and wellbeing of the women in our lives. Women face a unique set of health challenges, and it's important to raise awareness about the biggest health problems they may encounter and the steps they can take to stay healthy.

Most Significant Health Problems for Women

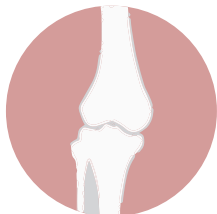
Heart Disease



Heart disease is the leading cause of death among women in the United States. Women are more likely to have a heart attack without chest pain and to die from a heart attack than men. High blood pressure, high cholesterol, and diabetes are all risk factors for heart disease.

Osteoporosis

Osteoporosis is a condition that weakens bones and makes them more likely to break. Women are at a higher risk of developing osteoporosis than men, and factors like age, family history, and low calcium intake can increase the risk.



Breast Cancer



Breast cancer is the most common cancer among women, and early detection is key to successful treatment. Women should perform breast self-exams regularly and get mammograms as recommended by their healthcare provider.



How To Prevent the Risks

Heart Disease	Osteoporosis	Breast Cancer
Maintain a healthy weight & eat a balanced diet	Get enough calcium and vitamin D through their diet or supplements	Perform monthly breast self-exams and get mammograms
Exercise regularly, quit smoking & manage stress	Exercise regularly, quit smoking & limit alcohol consumption	Be aware of any changes in your breasts, such as lumps, nipple discharge, or skin changes

The Importance of Seeing a Provider

While it's important for women to see a doctor regularly, they may also benefit from seeing a physician's assistant or nurse practitioner. These healthcare professionals are trained to provide primary care and can offer a range of services, from annual exams to chronic disease management. They can also provide education and counseling on women's health topics.

Women's Health Safety:

Women's health safety is a critical issue, and there are steps women can take to protect themselves.

These include:

- **Practicing safe sex:** Using condoms and getting regular screenings for sexually transmitted infections (STIs) can reduce the risk of STIs and cervical cancer.
- **Preventing domestic violence:** Women who experience domestic violence should seek help from a healthcare provider or a local domestic violence hotline.
- **Preventing falls:** Women should be aware of the risk of falls, especially as they age. They can take steps to reduce their risk, such as using handrails, removing tripping hazards, and wearing non-slip shoes.

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