

2008 Monthly ES&H Campaign: March

Women's Health

Monday, 10th

Some of the top health concerns for women include heart disease, breast cancer, osteoporosis and depression. These threats to good health can be diminished through lifestyle changes.

Here are some tips that may reduce your risk of developing these common health concerns:

Heart Disease

- Quit smoking - smokers risk of developing coronary heart disease is 2–4 times that of nonsmokers.
- Lower cholesterol - as cholesterol rises, so does risk of coronary heart disease.
- Lower blood pressure - high blood pressure increases the heart's workload, causing the heart to thicken and become less efficient.
- Be physically active - an inactive lifestyle is a risk factor for coronary heart disease.
- Lose weight - people who have excess body fat are more likely to develop heart disease and stroke even if they have no other risk factors.

Breast Cancer

- Be open with your doctor - discuss your risk factors for breast cancer with your physician.
- Stay active - obesity and lack of physical activity increase risk factors.
- Get a check-up - be sure to have mammograms and breast examinations as often as recommended for women in your age group.
- Avoid alcohol – some studies suggest that alcohol consumption is linked to an increased cancer risk.

Osteoporosis

- Eat your vitamins - get your daily recommended amounts of calcium and vitamin D.
- Exercise often - the pull on the bones from exercising muscles helps to maintain bone density and strength.
- Cut down on caffeine and salt, which interfere with calcium absorption.
- Eat the right amount of protein – a diet that contains more or less protein than the general requirement is associated with a decrease in bone density.
- “Strive for five” – seek opportunities to include fruits and vegetables into your daily diet. Five servings per day will help ensure the proper intake of vitamins and trace minerals.

Depression

- Don't be afraid to reach out for help. Don't be too proud to accept help and support from others.
- Accept that we can't control everything around us.
- Make better, more informed choices that create less turmoil for you.
- Stop being so critical of yourself, and of others.
- Acknowledge the good in you, stop beating yourself up.
- If you're good at caring for others, add yourself to that mix.

Resources

[WebMD-Women's Health](#)
[Women's Health Magazine](#)



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