

Preventive Care

As we get older, it is important for women to take their health seriously. Meaning making it a priority to schedule routine screenings and services. Preventive care includes immunizations, testing for sexually transmitted infections (STIs), and more.

Staying on top of your preventive care is vital. By doing this, your chances of staying healthy and receiving treatment for medical problems, if they occur, increase. Detecting an issue earlier can result in an easier, more effective treatment. It can also mean fewer costs in the long run. Routine preventive care can help to identify your potential for disease before it happens.

Statistics

- In 2020 14.4% of women aged 18 and over were in fair or poor health
- 49.3% of women aged 18 and over met the 2008 federal physical activity guidelines for aerobic activity through leisure-time aerobic activity
- In 2020 11.0% of women aged 18 and over currently smoked cigarettes
- In 2021 approximately 9.5% of females under age 65 were without health insurance coverage
- In 2020 there were 1,613,845 female deaths (all ages)
- In 2020 there were 965.1 female deaths per 100,000 population

Route to Improved Health

General health screenings

Every woman should have a well-woman visit at least once a year. This is an annual preventive care appointment that allows your doctor to review your medical history, assess your risk for certain diseases, suggest immunizations, and discuss healthy lifestyle changes.



Breast health

The American Academy of Family Physicians (AAFP) recommends mammogram screenings every other year for women aged 50 to 74 years. Starting mammogram screenings earlier is a individual choice that should be discussed with your doctor.

Reproductive and sexual health

Starting at the age of 21, women should start receiving a cervical cancer screening test. Which type and the regularity of the test depends on your age and other risk factors. A Pap smear is normally part of a pelvic exam during a well-woman visit.

References:

Preventive Care Benefits for Women. HealthCare.gov. (n.d.). Retrieved September 30, 2022, from <https://www.healthcare.gov/preventive-care-women/>

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This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making changes to your diet or exercise, consult your health care provider.



Exploring Women's Unique
Health Issues

Women have unique health issues.



Though men and women have some of the same health issues, women can be affected by them differently.

Unique issues for women include pregnancy, menopause, and conditions of the female organs. Women can have a healthy pregnancy by getting early and regular prenatal care. They should stay on top of the recommended routine breast cancer, cervical cancer, and bone density screenings.

Women and men have a lot of the same health issues. These issues can affect women differently. Such as:

- Women are more likely to die following a heart attack than men
- Women are more likely to display symptoms of depression and anxiety than men
- The effects of sexually transmitted diseases can be more severe in women
- Osteoarthritis affects more women than men
- Women are more likely to have urinary tract issues

Health Issues that Affect Women Differently than Men?



While the symptoms may be alike, the effects of the issue and the type of care needed can differ considerably for women. In addition, some of these issues might affect women primarily or more severely than men. For example, Women in the US are at higher risk for breast cancer than men.

Health issues Specific to Women Only?

The health topics listed below affect women only. Some conditions affect men too but affect women primarily or more severely.

Gynecological health and disorders

- Include menstruation and menstrual irregularities
 - urinary tract health, including urinary incontinence and pelvic floor disorders
- Disorders such as bacterial vaginosis, vaginitis, uterine fibroids, and vulvodynia

Pregnancy issues

- Include prenatal care
- Pregnancy loss (miscarriage and stillbirth)
- Preterm labor and premature birth
- Sudden infant death syndrome (SIDS)
- Breastfeeding
- Birth defects

Disorders related to infertility

- Include uterine fibroids
- Polycystic ovary syndrome
- Endometriosis
- Primary ovarian insufficiency

Other disorders and conditions

- Include Turner syndrome
- Rett syndrome
- Ovarian cancers
- Cervical cancers

Issues related to women's overall health and wellness

- Include violence against women
- Women with disabilities
- Osteoporosis
- Bone health
- Menopause



What You Can Do to Maintain Your Health

Various factors play a role in staying healthy. As a result, good health can reduce your risk of developing certain issues. These issues include heart disease, stroke, some cancers, and injuries.



Eat healthy

What you eat is thoroughly connected to your health. Having a balanced nutritious diet has numerous benefits. By making healthier food choices, you can prevent or treat some conditions.



Get regular exercise

Exercise can help prevent serious health issues and people who engage in some form of exercise also get injured less often. Attempt to be active for 30 to 60 minutes around 5 times a week. Remember, any amount of exercise is better than none.



Protect your Skin

Be sure to wear protective clothing and hats when you are outside. Remember to use sunscreen year-round on exposed skin, such as your face and hands. Sunscreen protects your skin and helps prevent skin cancer. When selecting one, select a broad-spectrum that blocks both UVA and UVB rays. It should be at least an SPF 15.

