

DID YOU KNOW?

Women experience depression twice as often as men.



Irritable bowel syndrome affects twice as many women as men, while gastroesophageal reflux occurs in two thirds of all pregnant women.

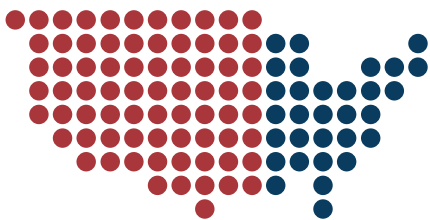
hopkinsmedicine.org/womans_path_wellness/for_women/facts_about_womens_health

Women are at greater risk for health problems like osteoporosis and breast disease.



hopkinsmedicine.org/womans_path_wellness/for_women/symptoms_treatments_unique.html

Almost two-thirds of Americans with Alzheimer's are women.



To learn more, visit

waterburyhospital.org/all-services/womens-health-program/

HEART DISEASE AND STROKE

1 in 3 women will die of heart disease or stroke.

Women have different signs of a heart attack than men. Common descriptors and experiences:

- A sharp pain in the upper body
- Chest pain that is sharp and burning
- Nausea or vomiting
- Women more frequently have pain in the neck, jaw, throat, abdomen or back
- Over 50% of women having a heart attack experience unexplained or unusual tiredness or muscle fatigue not related to exercise



roar-assets-auto.rbl.ms/documents/6852/womens_health_facts_and_perspectives_healthywomen.pdf

STAY ON TOP OF YOUR HEALTH

- Make physical activity an important part of your life
- Make good nutrition a priority
- Stop smoking and drink alcohol moderately. Doing so will greatly reduce your chances of developing lung and heart disease
- Maintain annual wellness checks and mammograms. This habit can increase the chances of early detection of disease or chronic conditions
- Challenge and activate your brain with games or learning something new. Stay socially engaged by volunteering or share activities with friends and family
- Don't skimp on sleep

