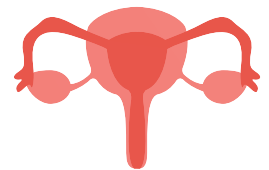


Everyone has a woman in their life whom they care about and want to see healthy. Women represent our grandmothers, wives, daughters, mothers, sisters, aunts, friends, and even colleagues. It is not uncommon for these women to be so busy taking care of others that they do not make their own health a priority. Did you know that the health of women is strongly tied to the health of their families and communities? Continue reading below for some ways to encourage good health in the women in your life.

1 in 4 women die of heart disease



More than 20% of cases of cervical cancer are found in women over 65.



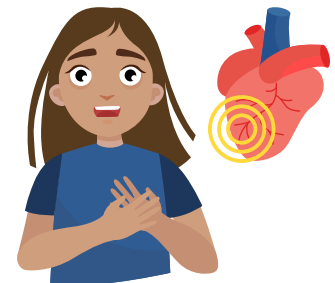
About 1 in 4 women have experienced contact sexual violence, physical violence, and/or stalking from an intimate partner in their lifetime.



There is a 1 in 8 chance that a woman will develop breast cancer in her lifetime.



Heart disease, cancer, and stroke are the leading causes of death in women.



Below are some helpful tips for women to stay healthy. Whether it is for you or one of your loved ones, changing up your lifestyle with one of these suggestions could make a huge difference.



- 1 Participate in regular exercise.** As little as 10 minutes of physical activity per day can be helpful for both your physical and mental health.



- 2 See your primary care provider and gynecologist** yearly for preventative screenings.



- 3 Practice good sleep habits.** Sleep is necessary for your body to regulate hormones, process emotions, and even protect your heart.



- 4 Learn how to manage your stress.** Don't hesitate to reach out when you need help. Be aware of your employee assistance program and utilize all resources available to you



- 5 Know that the signs of heart disease in women can present differently than in men.** These include chest pain, neck or jaw discomfort, nausea, and unusual fatigue. Seek care immediately if you are experiencing any of these symptoms.



- 6 Help yourself and your friends who may have a substance use disorder.** Please call SAMHSA's National Helpline at 1-800-662-HELP.



- 7 Understand that intimate partner violence (IPV)** can occur in one episode or many episodes over time and include either physical or sexual violence, stalking, or psychological aggression. Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or text "START" to 88788.



- 8 Screening for osteoporosis begins at age 65 and earlier if at risk.** Take care of your bones by not smoking, limiting alcohol use, and performing weight-bearing exercises regularly.

#ibpwellnesstips
Healthier Together