

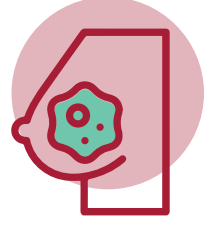
Women's Health



~14,100 new cases of **invasive cervical cancer** are diagnosed each year in the United States.
- *American Cancer Society*



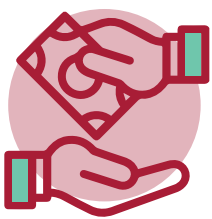
1 in 8 women will be diagnosed with **breast cancer** in her lifetime.
- *Nationalbreastcancer.org*



There are 2 main types of breast cancer screenings: **Mammograms and Breast Magnetic Resonance Imaging (MRI)** - *CDC*



85% of breast cancers occur in women who have no family history of breast cancer. - *breastcancer.org*



Women are the "power buyers" of health care, controlling about **80% of the health-care spend in the U.S.** Whether or not they are married or have children, 94% of women make health-care decisions for themselves and 59% make health-care decisions for others.
- *Healthware Systems*



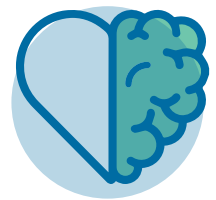
Seventy-nine percent of mothers report that they usually **choose their children's health-care provider**, compared to 22% of fathers who report responsibility for this decision. Seventy-seven percent of mothers report that they usually take their child to doctor's appointments, compared to 24% of fathers who report responsibility for this."
- *Healthware systems*



Women are more likely than men to **seek out health care**.
- *BMC Primary Care*



Prescription drug use increased with age and a higher percentage of females (50%) than males (41%) used prescription drugs. - *CDC*



Women who are caregivers are at greater risk for **poor physical and mental health**, including depression and anxiety. **58% of family caregivers are women.** - *CDC*

Recommended exercise for women: (MayoClinic)

- At least **150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity** a week, or a combination of both.
- To assist with weight loss or maintaining weight loss, at least **300 minutes per week is recommended.**
- **Strength training exercises for all major muscle groups are recommended two times a week.**
- As a general goal, aim for at least **30 minutes of moderate physical activity everyday.**

Vitamin Recommendations for women: (Healthline)

Women tend to miss out on specific, yet vital, types of vitamins and minerals such as **vitamin D and calcium**. Increasing your consumption of certain foods can help with this but multivitamins are also a great way to ensure you're getting the proper nutrients.

Ingredients to consider when choosing a multivitamin:

- Calcium
- Magnesium
- Zinc
- B-12
- Vitamin D
- Iron
- Vitamin B-12
- Folate



There are important steps you can take to monitor your health at every age. Regular visits and discussions with your care team can help **create a personalized care plan to uniquely identify which screenings and tests are appropriate based on your age and risk factors.**