



Women's Health

Health facts all women should be aware of:

1. Heart disease, NOT, breast cancer, is the leading killer of women. Risk factors you can control are:
 - Smoking
 - High blood cholesterol
 - High blood pressure
 - Lack of physical activity
 - Obesity and overweight
 - Diabetes
2. Breast cancer is the most common cancer among women, but more women die from lung cancer. Factors affecting your risk can include:
 - Family or personal history, or genetic background (BRCA1 and BRCA2 genes).
 - Race – more common in white women, but more deadly in African-American women.
 - Early onset of menstruation (before age 12) or late menopause (after age 55).
 - Too much alcohol and poor diet, in general.
 - Obesity.
3. Osteoporosis threatens 44 million Americans – 68% women. Risk factors include:
 - Small, thin-boned frame.
 - Ethnicity – white and Asian women have greatest risk.
 - Hormone issues – infrequent menstrual cycles and menopause may increase risk.
 - Anorexia.
 - Diet low in calcium and vitamin D, excessive alcohol, and smoking.
 - Lack of activity.

Check out www.4women.gov and www.healthywomen.org for more great resources and information!

