

# Women's Health

Building a foundation of good health involves the same steps for everyone:

- Visit a health care provider for checkups, preventive screenings, and vaccines
- Get active
- Eat healthy
- Pay attention to mental health, including getting enough sleep and managing stress
- Practice safe behaviors, such as quitting smoking, not texting while driving, and taking steps to protect yourself from sexually transmitted infections

But women face some unique challenges in maintaining health and wellness. This is especially true for those with underlying health conditions, such as hypertension, diabetes, obesity, and cardiovascular and respiratory conditions, as well as for older adults. The following resources can help women take a closer look at their overall health and well-being:

## Heart Disease and Women

Heart disease is among the leading causes of death for women worldwide. Here are some tips for keeping your heart healthy and strong: [Healthy Heart Toolkit](#)

## Breast Cancer

Breast cancer is the second most common cancer among women after skin cancer. Learn how to spot potential signs of breast cancer and what you can do to prevent it. [Download PDF](#)

## Cervical Cancer

Cervical cancer is the fourth most common cancer in women worldwide. It is the leading cause of cancer-related deaths among women. Learn about the appropriate screening tests and the HPV vaccine to help prevent cervical cancer. [Download PDF](#)

## Preventive Screenings Save Lives

Regular preventive health screenings are among the best ways to guard your good health and ensure that small concerns are treated before they become serious issues. [Download PDF](#)

## Cutting Back on Alcohol

Many of us have turned to alcohol as a coping mechanism during the pandemic and other recent traumatic events. If you're feeling the need to cut back on your drinking, this brief article can help. [Download PDF](#)

## Health Risks of Loneliness

Recent studies have shown that adult loneliness can have as detrimental an effect on health as smoking and other well-known risk factors. [Download PDF](#)

## Depression and Women

Statistically, women suffer twice as often from depression as men. Here's why and what you can do to control depression. [Download PDF](#)

## Maternity and Health

Being a mother is one of the most challenging, yet rewarding opportunities life has to offer. It's also an important time for self-care and a healthy life-style. [Access the online Maternity Center.](#)

## Menopause

Menopause is a normal and natural event that happens to all women as they get older. It's important for women to understand what changes they can expect and how to prepare for them. [Download PDF](#)



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