



MAY Women's health

Heart-healthy eating for women

Heart disease is the most common cause of death in women in the U.S., and poor diet is a major risk factor for heart disease. Follow these steps to protect yourself with good eating habits.

- > Choose healthy fats like those in nuts, olive oil and avocado.
- > Limit animal fats and buy lean meats, such as chicken and turkey.
- > Eat more fiber from beans, fruits and veggies.
- > Choose whole grains, which have fiber and vitamins like iron.
- > Cut back on foods that make blood sugar spike. White rice, white potatoes and white bread cause the same sugar surge as a donut!
- > Lower your salt intake to less than 1,500 mg per day.

Make wise food choices and stay active to keep a healthy weight and a strong heart.

Sources: U.S. Department of Health and Human Services Office on Women's Health, Wellsource/Momentum Health Shelf

Trivia time:

When is National Women's Health Week?

Answer: May 14 to 20, 2017. Use #NWHW to follow on social media.

How to recognize and treat endometriosis

Endometriosis happens when the tissue that normally lines the uterus (womb) grows outside of your uterus and on other areas in your body where it doesn't belong. Endometriosis growths bleed in the same way the lining inside of your uterus does every month, during your period. This can cause swelling and discomfort. Symptoms of endometriosis can include:

- > **Pain**, such as very painful menstrual cramps or long-term pain in the lower back.
- > **Bleeding or spotting** between menstrual periods.
- > **Digestive problems**, such as diarrhea, constipation, bloating or nausea.
- > **Infertility**, or difficulty getting pregnant.

If you think you have any of these symptoms, consult your doctor. The first step in treatment may be birth control pills or other hormonal contraceptives. For severe symptoms, surgery to remove the endometriosis patches is an option.

For mild symptoms, your healthcare provider may recommend over-the-counter pain medications or alternative therapies, such as acupuncture and chiropractic care.

Sources: U.S. Department of Health and Human Services Office on Women's Health

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Get the most from your well-woman visit

Good news! Most health plans cover an annual well-woman visit at no cost to you. You can choose from any primary care provider or OB/GYN in your health plan's network without a referral.

How can you get the most out of your visit? Take a list of your medicines and know why you take them, prepare your family's health history and make a list of issues you want to discuss.

A well-woman visit is the perfect time to talk about family planning and personal habits, such as alcohol and tobacco use. You can schedule necessary tests, such as screenings for high blood pressure, high cholesterol and sexually transmitted diseases. Your provider also can help you set health goals, like being active and maintaining a healthy weight.

Your well-woman visit is an opportunity to focus on you and make your health a top priority.

Sources: U.S. Department of Health and Human Services Office on Women's Health, CDC

Trivia time:

Who was the first female U.S. Surgeon General?

Answer: Antonia Novello, a Puerto Rican doctor and public health administrator, was appointed to the post by President George H.W. Bush in 1990.

5 steps women can take for better health

To improve your health, you can:

- > **See a doctor or nurse** for a well-woman visit.
- > **Get active.** Think of ways to get moving that work with your lifestyle.
- > **Eat healthy.** Focus on veggies, fruits, whole grains and lean protein.
- > **Get enough sleep** and manage stress.
- > **Avoid unhealthy behaviors**, such as smoking or texting while driving.

Sources: U.S. Department of Health and Human Services Office on Women's Health

Pop quiz: Risky vs. safe behaviors

Risky behaviors can put you and your loved ones in danger. Test your knowledge of these common threats:

1. Seat belts lower your risk of dying in a car crash by:
 25% 35% 45%
2. Who is more likely to talk on the phone while driving?
 Men Women
3. Smoking causes what percentage of lung cancer deaths in women?
 40% 60% 80%
4. What percentage of opioid overdose deaths involve a prescription opioid?
 20% 35% 50%

Answers: 1. 45% 2. Women 3. 80% 4. 50%

Sources: U.S. Department of Health and Human Services Office on Women's Health

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