

Women's HEALTH



Women experience health in a unique way, depending on her biology and social circumstances through the different stages of her life. It is important that you adopt lifestyles that contribute to maintain good physical, mental, emotional, spiritual, and social health.

Interesting facts about women's health:

- Women have a higher life expectancy than men.
- Women perceives her health worse than it really is.
- Some women neglect their own health to focus on the health of their partner, children, or family members.
- They visit the doctor more often.
- They suffer from more chronic conditions.

Common diseases and conditions in women include depression, osteoarthritis, obesity, migraine, gastritis and chronic constipation.

Among the main health conditions in women are:

- Heart disease and strokes
- Breast, colorectal and cervical cancer
- Diabetes
- Alzheimer
- Sexually transmitted infections
- Osteoporosis
- Obesity
- Depression
- Anxiety disorders

To maintain good health it is important that you maintain a healthy lifestyle.

To reduce risk and prevent health conditions that may affect your quality of life:

- **Avoid smoking.** Cigarette use increases the risk of developing some types of cancer. Also, it increases your blood cholesterol level.
- **Reduce the consumption of alcoholic beverages.** Alcohol is related to the development of different types of diseases.
- **Do physical activity** such as exercise, washing your car or gardening at least five times a week for 30 minutes to 1 hour.
- **Improve your diet.** Include fruits and vegetables in your daily meals and reduce foods high in fat and sodium.
- **Manage your stress.** Separate a time during your day to enjoy a hobby, relaxation exercises or deep breaths.
- **Talk to your doctor about screening tests appropriate for your age and gender.** See your doctor at least once a year for your physical exam.
- **Stay informed** about health issues and preventive measures for women.