

HEALTHY IS KNOWING WOMEN'S HEALTH FACTS

DID YOU KNOW?

Women experience depression twice as often as men.



Irritable bowel syndrome affects twice as many women as men, while gastro-esophageal reflux occurs in two thirds of all pregnant women.

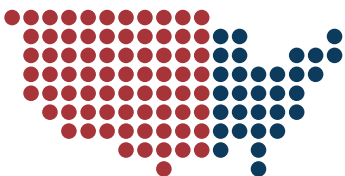
hopkinsmedicine.org/womans_path_wellness/for_women/facts_about_womens_health

Women are at greater risk for health problems like osteoporosis and breast disease.



hopkinsmedicine.org/womans_path_wellness/for_women/symptoms_treatments_unique.html

Almost two-thirds of Americans with Alzheimer's are women.



ECHN
Women's Center
for Wellness

Visit the Women's Center for Wellness to keep up with your annual check ups.

Make an appointment:
echn.org/womens-center-for-wellness
860.533.4646

HEART DISEASE AND STROKE

1 in 3 women will die of heart disease or stroke.

Women have different signs of a heart attack than men. Common descriptors and experiences:

- A sharp pain in the upper body
- Chest pain that is sharp and burning
- Nausea or vomiting
- Women more frequently have pain in the neck, jaw, throat, abdomen or back
- Over 50% of women having a heart attack experience unexplained or unusual tiredness or muscle fatigue not related to exercise



roar-assets-auto.rbl.ms/documents/6852/womens_health_facts_and_perspectives_healthywomen.pdf

STAY ON TOP OF YOUR HEALTH

- Make physical activity an important part of your life
- Make good nutrition a priority
- Stop smoking and drink alcohol moderately. Doing so will greatly reduce your chances of developing lung and heart disease
- Maintain annual wellness checks and mammograms. This habit can increase the chances of early detection of disease or chronic conditions
- Challenge and activate your brain with games or learning something new. Stay socially engaged by volunteering or share activities with friends and family
- Don't skimp on sleep

