

# Health fHERst.



It's easy to put off your own health exams — especially if you're busy caring for others. However, it's critical that you prioritize your own health by knowing your health risks, getting the necessary screenings, and catching problems early.

## Go screen.

There are many health screenings that every woman should do. Here are a few to consider:



### Heart disease

One American woman dies every minute from heart disease. However, 80 percent of heart attacks and strokes can be prevented by lifestyle changes, such as not smoking and eating well. Regularly check for high blood pressure and high cholesterol, both of which can lead to heart disease.



### Mental health

More than one in five women in the United States experienced a mental health condition in the past year. Good mental health is essential to overall well-being, so don't ignore symptoms such as excessive worrying or prolonged stretches of feeling down — get screened and treated.



### Well-woman exam

It's important to get a regular well-woman exam. Screenings vary based on age and risk factors, but your exam may include a pap smear, mammogram, bone density test, and more. You may even be able to get screened for heart disease and mental health at the same time.

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