TALK WITH YOUR HEALTHCARE PROVIDER(S)

Learn which screenings and exams are needed and when. Examples include annual physical exams, mammograms, PAP smears, blood pressure and cholesterol screenings.

The US Preventive Services Task Force publishes recommended screening guidelines:

- Health screenings for women ages 19 to 29
- Health screenings for women ages 40 to 64
- Health screenings for women age 65 and older

COMMIT TO A HEALTHY LIFESTYLE

- Screening guidelines:
  - The US Preventive Services Task Force publishes recommended screenings.

TIPS TO HELP WOMEN MAXIMIZE THEIR HEALTH AND WELLNESS

- Keep your weight under control:
  - Talk to your healthcare provider to understand what is a healthy weight for you. Create an action plan. If necessary, seek help to reach the target weight.
  - Maintain a healthy weight or may reduce the risk of developing medical issues including heart disease and diabetes.

- Enjoy well-balanced, healthy meals:
  - A healthy diet typically includes vegetables, fruits, grains, proteins, and fats in moderation (enriched, whole-grain, and lean meats), and low-sodium, low-fat, and low-cholesterol foods. When seeking medical advice, ask if your diet is adequate and balanced.
  - The vitamin provides tips to evaluate your nutrition for weight management, weight loss, and nutrition counseling at home and in restaurants.
  - Choose to drink alcohol. Do so in moderation.

- Take care of your mental health:
  - Regular physical activity can improve your health, mood, and weight management, reduce the risk of developing medical issues including heart disease and diabetes, and lower your risk of chronic diseases.

- Establish good sleep habits:
  - Approximately 1 in 3 adults do not get the recommended amount of sleep necessary for a healthy body and mind.
  - Deep sleep helps cells repair injury, and physical and nutrient recovery.

- Know the statistics and take control of your health:
  - A person's psychological and emotional and social well-being impact how they feel and what role they play in their life.

- Learn how to access your medical records so you can keep track of test results, diagnoses, treatment plans, and medications and prepare for your next appointment.
  - Take notes about what healthcare provider say, or ask a friend or family member to take notes for you.
  - Consider bringing a close friend or family member with you.
  - Write down a list of questions and concerns before your appointment.
  - Remember that nurses and pharmacists are also good sources of information.

- BE YOUR OWN ADVOCATE AND KNOW YOUR OPTIONS
  - The National Institutes of Health has these tips for speaking with your healthcare provider.

- For eating balanced, weight-healthy meals at
  - The USDA provides tips available at nutrition.gov.

- Exercise goals:
  - Establish regular moderate-intensity aerobic exercise activity at least 5 days a week.
  - Establish moderate- to vigorous-intensity aerobic exercise activity at least 3 days a week.

- Radiation treatments using Accuray CyberKnife® or Radixact® or Tomotherapy® Systems provide a non-surgical, non-invasive highly precise approach that physicians can use to effectively control the cancer while minimizing the dose to healthy tissue and the associated risk of potential side effects. The treatments can impact short- and long-term quality of life. Radiation therapy is not appropriate for all patients. Patients should discuss the treatment and side effects with their physicians before beginning treatment.

- To learn more today, visit CyberKnife.com or Radixact.com.

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