

# TIPS TO HELP WOMEN MAXIMIZE THEIR HEALTH AND WELLNESS

May 14 – 20, 2023 is National Women’s Health Week, an ideal time for women to think about whether they are doing all they can to remain healthy and active.

Did you know that women comprise more than half of the U.S. population<sup>1</sup> and make more than 80 percent of healthcare decisions related to their families<sup>2</sup>? While they commonly take on multiple roles within and outside the home, a woman’s own health typically takes a back seat as she prioritizes the needs of others<sup>3</sup>. Accuray is sharing information on some of the things women can do to make their health a priority.



## 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 **18 to 39**
- Health screenings for women ages **40 to 64**
- Health screenings for women ages **65 and older**

## COMMIT TO A HEALTHY LIFESTYLE



### 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, to reach this target weight
- Maintaining a healthy weight may reduce the risk of various medical issues including heart disease and diabetes<sup>4</sup>



### Get active and keep moving

- Regular physical activity can “improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities<sup>5</sup>”
- Exercise goals:
  - At least 150 minutes moderate-intensity aerobic exercise each week
  - Muscle-strengthening activities that include all major muscle groups at least 2 days a week



### Enjoy well-balanced, healthy meals

- A healthy diet typically includes vegetables, fruits, whole grains, lean proteins, fat free and low-fat dairy products, and lean meats, while limiting saturated and trans fats and added sugars
- The USDA provides tips available at nutrition.gov for eating balanced, weight-healthy meals at home and in restaurants
- If you choose to drink alcohol, do so in moderation



### Establish good sleep habits

- Approximately 1 in 3 adults do not routinely get the recommended amount of sleep needed for their overall health - typically at least 7 hours of sleep per night
- Sleep deficiencies can impact people mentally and physically and result in injuries or loss of productivity



### Take care of your mental health

- A person’s psychological, emotional, and social well-being impact how they feel, think and behave. Here are just a few of the things you can do to help keep your mind healthy
  - Take time to enjoy your favorite activities
  - Stay connected to friends and family
  - Manage stress through meditation, yoga or deep breathing exercises
  - Engage with community organizations
  - Identify support groups

## KNOW THE STATISTICS AND TAKE CONTROL OF YOUR HEALTH

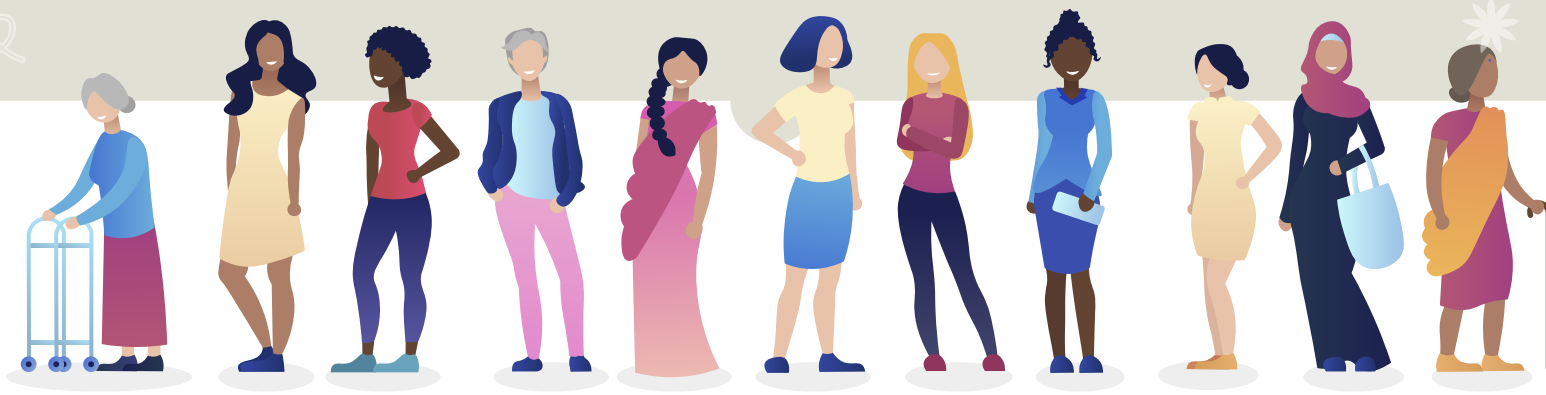
Heart disease is the leading cause of death for women in the United States. In 2020, it was responsible for the deaths of approximately 1 in 5 women<sup>6</sup>

Breast cancer is the most common type of cancer in American women other than skin cancer. It accounts for approximately about 1 in 3 new female cancers each year<sup>7</sup>

According to the American Cancer Society, some of the common types of cancer affecting women include breast, colorectal, endometrial, lung, cervical, skin, and ovarian cancers<sup>8</sup>

## BE YOUR OWN ADVOCATE AND KNOW YOUR OPTIONS

- The National Institutes of Health has these tips for speaking with your healthcare provider<sup>9</sup>.
  - Write down a list of questions and concerns before your appointment
  - Consider bringing a close friend or family member with you
  - Take notes about what healthcare provider say, or ask a friend or family member to take notes for you
  - 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
  - Ask for the doctor’s or healthcare provider’s contact information and their preferred method of communication
  - Remember that nurses and pharmacists are also good sources of information



Radiation treatments using Accuray **CyberKnife®**, **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 that can impact short- and long-term quality of life. Radiation therapy is not appropriate for all cancers. Patients should discuss the treatment and side effects with their physicians before starting treatment.

Learn more today at [CyberKnife.com](http://CyberKnife.com) | [Radixact.com](http://Radixact.com)



**Safety Statement for Radiation Treatment:**

Most side effects of radiotherapy, including radiotherapy delivered with Accuray systems, are mild and temporary, often involving fatigue, nausea, and skin irritation. Side effects can be severe, however, leading to pain, alterations in normal body functions (for example, urinary or salivary function), deterioration of quality of life, permanent injury and even death. Side effects can occur during or shortly after radiation treatment or in the months and years following radiation. The nature and severity of side effects depend on many factors, including the size and location of the treated tumor, the treatment technique (for example, the radiation dose), the patient’s general medical condition, to name a few. For more details about the side effects of your radiation therapy, and if treatment with an Accuray product is right for you, ask your doctor.

<sup>1</sup> <https://www.census.gov/quickfacts/fact/table/US/SEX25221>. Accessed March 13, 2023.  
<sup>2</sup> <https://pubmed.ncbi.nlm.nih.gov/25418222/>. Accessed March 13, 2023.  
<sup>3</sup> <https://www.healthyywomen.org/content/article/new-survey-moms-are-putting-their-health-last>. Accessed March 13, 2023.  
<sup>4</sup> <https://www.nhlbi.nih.gov/health/overweight-and-obesity>. Accessed March 13, 2023.  
<sup>5</sup> [https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fhealth%2Findex.html](https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm#CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fhealth%2Findex.html). Accessed March 14, 2023.  
<sup>6</sup> <https://www.cdc.gov/heartdisease/women.htm#text=Heart%20disease%20is%20the%20leading,in%20every%20female%20death.&text=Research%20has%20shown%20that%20only,in%20their%20number%20%20killer>. Accessed March 14, 2023.  
<sup>7</sup> <https://www.cancer.org/cancer/breast-cancer/about/how-common-is-breast-cancer.html>. Accessed March 14, 2023.  
<sup>8</sup> <https://www.cancer.org/healthy/cancer-facts/cancer-facts-for-women.html>. Accessed March 14, 2023.  
<sup>9</sup> <https://www.nih.gov/institutes-nih/nih-office-director/office-communications-public-liaison/clear-communication/talking-your-doctor>. Accessed March 14, 2023.