



Women's Health: A Lifelong Process

As a woman, you care for so many people -your partner, your children, your aging parents, and your community! Do you take time to care for the health of your own mind, body, and spirit?

If you don't take care of yourself, you won't be able to care effectively for those you love. Be sure to take time regularly to exercise, engage in hobbies you enjoy, and schedule health check-ups.

In addition, physical activity and healthy nutrition can balance the stress of daily living and improve mental health.

If you are in your **20s** and **30s**, start seeing a healthcare provider regularly for breast, cervical, and ovarian cancer screenings. Also, be sure to discuss issues related to reproductive health and STD screenings with your provider.

Once you are in your **40s**, it's important to talk to your healthcare provider about mammography.

In your **50s**, it's also time to talk to your healthcare provider about colorectal cancer screening.

In your **60s**, talk to your healthcare provider about screening for osteoporosis.

At all ages, it's important to regularly see a dentist to maintain good oral health, as well as a dermatologist to screen for skin cancer and ensure healthy skin. In addition, always remember to discuss family history and other health concerns, such as menopause, with your healthcare provider.

Make time for yourself - it benefits you AND all of the people you love!

For more information, visit www.doh.state.fl.us/womenshealth and www.4woman.gov

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