

HealthMatters

AN EVERSIDE HEALTH & WELLNESS RESOURCE | 2024



Did you know that some health issues have a higher impact on women than men?

Prevention through screenings, regular health check-ups, and a healthy lifestyle is key to achieve overall health and well-being.

Making women's health a priority

Heart disease is the #1 cause of death for women in the U.S.

Over 60 million women are living with some form of heart disease. Atherosclerotic cardiovascular disease (ASCVD), is caused by plaque buildup in arterial walls and refers to conditions that include:

- Coronary Heart Disease (CHD)
- Cerebrovascular disease
- Peripheral artery disease
- Aortic atherosclerotic

Did you know?

Menopause raises the risk of heart disease and stroke because ovaries stop making estrogen.

Without estrogen, cholesterol may start building up on artery walls which can lead to stroke and other types of heart disease.

Cancer is the 2nd leading cause of death for women in the U.S.

Lung cancer

The 2nd most common cancer in women in the US and the leading cause of cancer death.

Tobacco use is the leading cause of lung cancer, though not all people who get lung cancer use tobacco.

Breast cancer

The most common cancer in women in the U.S. and is the 2nd leading cause of cancer death.

Mammograms are key in early breast cancer detection.

Colorectal cancer

The 3rd most common cancer in women in the U.S. and is the 3rd leading cause of cancer death.

Several lifestyle factors contribute to the development of colorectal cancer such as a high intake of

processed meats and low intake of fruits and vegetables, sedentary lifestyle, obesity, smoking, and excessive alcohol consumption.

Cervical cancer

The 4th most common cancer in women in the U.S. The HPV vaccination protects against the types of HPV that cause 90% of cervical cancers.

Stroke is the 3rd leading cause of death for women in the U.S.

Stroke affects 1 in 5 women between the ages of 55 to 75 and the risk for stroke increases with age.

Did you know? The main risk factor for heart disease and stroke in women is high blood pressure. Aim for a blood pressure reading below 120/80.

Schedule an appointment with your doctor to discuss at members.eversidehealth.com

Healthy lifestyle and prevention tips for daily practice

Prevention tips for women

- Do not use tobacco products
- Use sun protection when you are outside
- Maintain a healthy weight
- Stay physically active, moving at least 30 minutes on most days
- Get 7-9 hours of restful sleep each night

Create a healthy plate

- Choose lean proteins and low-fat dairy products
- Healthy fats like olive oil and avocados
- Fiber rich foods like whole grains (oats, barley) and legumes and beans (chickpeas, lentils)
- Phytonutrient-rich foods like whole fruits and veggies (skin on) that are a variety of colors in the rainbow

Limit or avoid processed foods

- **Reduce highly processed:** Including fast food, packaged snack foods like chips, cookies, baked goods, and candy.
- **Avoid sugary beverages:** such as sweetened coffee, tea, soft drinks, and alcohol
- Cut back on caffeine, try to drink more water

Did you know?

Increasing fiber intake by just 8 grams per day can reduce your risk for heart disease by 19%, your risk for colon cancer by 8%, and your risk of death from all causes by 7%!

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Sources

Disparities and the Leading Causes of Death in Women | OASH, accessed 11/07/2023
Cancer Facts for Women | American Cancer Society, accessed 11/07/2023
Cancer Stat Facts: Common Cancer Sites | NIH-NCI, accessed 11/07/2023
ASCVD | American Heart Association, accessed 11/07/2023

Breast cancer screening:

Mammograms play a key role in early breast cancer detection and help decrease breast cancer deaths. A mammogram is an X-ray image of your breasts used to screen for breast cancer. It is the best screening test available today to find breast cancer in most women. A mammogram can find breast cancer in a person years before physical symptoms develop. Mammograms are recommended for women starting at age 40.

Colorectal cancer screening:

Colorectal cancer screening is recommended for everyone beginning at the age of 45 and until the age of 75. Several tests are available to screen for colon cancer including colonoscopies and Cologuard. Which test is used may depend on your preferences, medical conditions, personal or family history of colorectal cancer, genes, and resources you have available to you. Talk to your provider about which test is right for you.

Cervical cancer screening:

Cervical cancer screens are done through a pap test and should be done every three years in women aged 21 to 65 years of age.

Lung cancer screening:

Lung cancer screenings are recommended in those aged 50 or older who currently smoke or formerly smoked.