

TAKE CONTROL OF YOUR HEALTH

Healthy Life Tips for Women

Increasingly, we're understanding that our "being" truly is a system – a system of elements and factors that interact and affect one another. Making small steps towards wellness in our body, mind, or spirit can end up shaping greater overall health. Being aware and proactive is one key step.

Potential wellness challenges areas for women: a snapshot

Breast cancer is the second most common cancer among women. Earlier detection via screening is a factor in the 1.3% per year drop in the death rate from 2013 to 2017.¹

Heart disease: 90% of women have one or more risk factors, but problems can go undetected as signs, such as indigestion or lightheadedness, may be misunderstood.²

Menopause can bring not only discomforts, such as hot flashes, insomnia, and sexual dysfunction, but also increased risk of heart disease, loss of bone mass, and weight gain.³

Migraines: Nearly three quarters of sufferers are women. Attacks tend to be longer/more severe than for men.⁴

Insomnia: Women generally sleep more poorly than men and have a 40% higher lifetime risk of insomnia. Hormones, depression, and anxiety are thought to play a role.⁵

Obesity: About 67% of women meet criteria to be considered overweight or obese⁶ – a potential factor in leading causes of death for women: heart disease and cancer.⁷

Stress: 88% of working women report stress. 13% report that it's unmanageable – higher than men in both cases.⁸

Depression / anxiety disorder rates are two times higher for women and women attempt suicide more often than men.⁹

Alzheimer's risk is twice as high for women. While primarily due to the fact that women live longer, genetic, hormonal, and lifestyle factors may play a role.¹⁰

Loneliness: 58% of women report feeling lonely, left out, poorly understood, and lacking companionship.¹¹ The health impact has been equated to smoking 15 cigarettes/day.¹²

Juggling work, family and caregiving can put women at risk for stressful work/life imbalance, emotional exhaustion, and health problems.¹³

These or other challenge areas you face offer a good place to start when making changes to improve your health and well-being.



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Go, Know, Take Control

- I have good relationships with my healthcare professionals and feel comfortable asking questions.
- My annual wellness check-up is scheduled/completed.
- I know my immunization schedule and am up to date.
- I know where to turn if I have mental health concerns.
- My dental check-up is scheduled/completed.
- I'm aware of family history that might impact my health.
- I take an annual health assessment.

Biometric screenings:

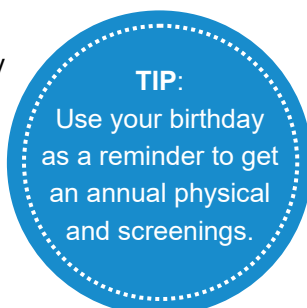
- Blood pressure screening
- Cholesterol screening
- Healthy weight screening
- Blood glucose screening for diabetes

Other screenings:

- Colorectal cancer screening
- Breast cancer mammography
- Cervical cancer pap test
- Depression screening
- Oral health check-up
- Vision screening

Ask your healthcare professional:

- Skin cancer full-body screening
- HIV screening
- Sexual transmitted diseases screening
- Hepatitis C screening
- Bone density testing for osteoporosis
- Other screenings or areas of concern:



Resources

Health screenings

www.nlm.nih.gov/medlineplus/healthscreening.html

Know your risks

<https://newsinhealth.nih.gov/2017/08/what-are-your-health-risks>

Family health portrait tool

<https://phgkb.cdc.gov/FHH/html/index.html>

Women's health A-Z

www.womenshealth.gov/a-z-topics

Whole person well-being

www.cigna.com/takecontrol

References

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- ¹² WebMD (2018). Loneliness rivals obesity, smoking as health risk. Retrieved from <https://www.webmd.com/balance/news/20180504/loneliness-rivals-obesity-smoking-as-health-risk>
- ¹³ Mental Health America. (2019). 4Mind4Body: Work-life balance. Retrieved from <https://www.mhanational.org/4mind4body-work-life-balance>

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WHOLE U WELLNESS

Resources for Women



Making healthy choices is easier when you have the facts. The resources below offer wellness information, advice, and materials that can help you be at your best.

- › **Relationship with stress** www.emergingwomen.com/podcast/kelly-mcgonigal-the-upside-of-stress
- › **Stress management** www.helpguide.org/articles/stress/stress-management.htm
- › **Relaxation techniques** www.health.harvard.edu/mind-and-mood/six-relaxation-techniques-to-reduce-stress
- › **Mindfulness practice¹** www.uclahealth.org/marc/mindful-meditations
- › **Mental health** www.womenshealth.gov/mental-health/mental-health-resources
- › **Get and stay active** www.health.gov/paguidelines
- › **Eat well** www.choosemyplate.gov
- › **Healthy weight** www.nutrition.gov/weight-management
- › **Meet sleep needs** www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf
- › **Navigate menopause** www.verywellhealth.com/menopause-overview-4581933
- › **Rethinking drinking** www.rethinkingdrinking.niaaa.nih.gov
- › **Mind substance use** www.drugabuse.gov/publications/drugfacts/substance-use-in-women
- › **Be tobacco-free** www.smokefree.gov
- › **Sun safety** www.cancer.org/healthy/be-safe-in-sun.html
- › **Safe driving** www.nhtsa.gov/risky-driving
- › **Partner violence** www.thehotline.org
- › **Meaningful connections** www.psychologytoday.com/us/collections/201210/combating-loneliness
- › **Balancing act** www.ted.com/topics/work-life+balance
- › **Being a caregiver** www.caregiver.org
- › **Engage your life** www.takingcharge.csh.umn.edu/whats-my-purpose
- › **Activate your resilience** www.CignaResilience.com
- › **Whole person wellness** www.mhanational.org/live-your-life-well

Together, all the way.®



¹ Mindfulness Meditations created by Diana Winston for the UCLA Mindful Awareness Research Center (MARC). © 2015 The Regents of the University of California. All Rights Reserved.

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