



# MAY IS WOMEN'S HEALTH MONTH

## RECOMMENDED SCREENINGS\*

\*GENERAL AGE & FREQUENCY RECOMMENDATIONS. ASK YOUR DOCTOR FOR SPECIFIC TESTING BASED ON YOUR MEDICAL AND FAMILY HISTORY

- Annual OBGYN Well-Women Exam
- Annual Mammogram- Age 40+
- Annual Physical- All ages
- Annual Blood Pressure- Age 18+
- Annual Cholesterol- Age 18+
- Annual Body Mass Index & Weight- Age 18+
- Bi-Annual Dental Cleanings- All ages
- Colonoscopy- Age 45+

## NUTRITION FOR WOMEN

\*GENERAL GUIDELINES FOR WOMEN'S BALANCED NUTRITION

- 2.5-3 servings of **Lean Protein** per day (measure using the size of your fist)
- 4-5 Servings of **Vegetables & Fruits** per day
- ~30g of **Fiber** per day
- Less than 30g of **Added Sugar** Per day (check your food labels)
- Less than 2300mg of **Sodium** per day (Check your food labels)

Data provided by The National Institute of Health

## EXERCISE GUIDELINES

Aim for 150-minutes of moderate-intensity activity a week. (brisk walking, cycling, strength training)

Or

75-minutes of vigorous-intensity activity a week. (running, high intensity interval training)

A combination of both intensities is recommended including cardio, strength training and stretching exercises.

Data provided by The American Heart Association

## SLEEP

Women often experience more sleep disrupters such as hormonal fluctuation, anxiety, and childcare. To achieve optimal sleep, aim for **7-9 hours** per night.

Struggling to sleep? Try these tips:

- Limit caffeine up to 6 hours before bed time
- Create a relaxing environment
- Implement a bed-time routine
- Limit screen use 1 hour before bed time
- Avoid alcohol, sugary food or beverages and a heavy meal within an hour of bedtime

Data provided by Harvard Health

## MENTAL HEALTH SUPPORT

1 in 5 women in the United States experience mental health disorders such as anxiety, depression, PTSD or eating disorders.

MyCigna has a variety of confidential mental health resources, such as Happify and iPrevail, to help you find the perfect fit and support that you need. Navigate to the Wellness Tab to explore your options.

Data provided by Psychiatry.org

## CARDIOVASCULAR RISK

HEART DISEASE IS THE LEADING CAUSE OF DEATH FOR WOMEN.

Heart disease can present as chest pain, shortness of breath, fatigue, swelling in feet or ankles, rapid or irregular heart beat, nausea, cold sweats, indigestion & increased sweating.

Consult your doctor if experiencing one or several of these symptoms.

Data provided by The American Heart Association

## PREGNANCY

Pregnant? **Congratulations!** Did you know you can speak to a Doctor or Nurse that specializes in Maternity Care? Cigna's Healthy Pregnancy Healthy Babies Program provides care management beginning at pregnancy and into postpartum.

## BREAST CANCER SCREENINGS

1 in 8 women experience Breast Cancer at some point during their life. Regular Breast Screenings allow for early detection.

The Ascension St. Thomas Mobile Mammogram Bus will be at the County Health Department on June 11<sup>th</sup> from 9am-2pm for Rutherford County Employees & other members of the community. Appointments are suggested and walk-ins are accepted if time allows.

To schedule, call Lashon Miller at 615-898-7882

Data provided by The American Cancer Society

Scan the QR code for Cigna's Women's Health Page to learn more about each topic & other health related topics specific for Women

