



Health Tips for Women on International Women's Day

Get Regular Health Check-Ups



Get an annual physical exam

Schedule a checkup with your doctor to review your health, get preventive screening tests, and discuss any concerns.



Get a mammogram

Women should start getting annual mammograms at age 40 to screen for breast cancer.



Get a Pap test

Pap tests help detect cervical cancer early. Get them every 3 years starting at age 21.



See your dentist

Get your teeth cleaned and checked twice a year to maintain good oral health.

Scheduling regular preventive exams and tests can help detect issues early, when they are most treatable.

Eat a Balanced Diet

Fruits

Eat plenty of fruits like apples, bananas, berries.

Vegetables

Eat plenty of vegetables like spinach, broccoli, carrots.

Whole Grains

Eat whole grains like brown rice, quinoa, whole wheat bread.

Lean Protein

Eat lean protein like chicken, fish, beans, lentils.


Healthy Fats

Eat healthy fats like avocados, olive oil, nuts.

Stay Physically Active



Aim for cardio exercise for 60 minutes per week



Aim for strength training
for 30 minutes per week



Aim for flexibility
exercises for 30 minutes
per week



Aim for walking or
jogging for 30 minutes
per week

Manage Stress

Yoga, meditation, deep breathing exercises, and massages can help you manage stress.

Make time for hobbies, social activities, and relaxation.

A healthy lifestyle promotes overall wellbeing.



Get Enough Sleep

- **Aim for 7-9 hours of sleep per night**

Adults should get 7-9 hours of sleep per night for optimal health and wellbeing. Consistently getting less than 7 hours is linked to adverse health outcomes.
- **Create a restful bedroom environment**

Make sure your bedroom is quiet, completely dark, and cool in temperature (around 65°F). Remove electronic devices and avoid stimulating activities before bed.
- **Maintain a regular sleep schedule**

Going to bed and waking up at consistent times reinforces the body's natural sleep-wake cycle and promotes better sleep.

Avoid Unhealthy Habits

Don't Smoke Cigarettes

Cigarette smoking greatly increases the risk of lung cancer, heart disease, stroke, and other health issues.

Limit Alcohol Intake

Excessive alcohol consumption can lead to liver disease, certain cancers, mental health issues, and addiction.

Avoid Illegal Drugs

Illegal drug use is associated with addiction, infectious diseases, overdose, and other severe health consequences.

Practice Safe Sex

Always use protection during sexual activity to prevent sexually transmitted infections and unplanned pregnancy.

Make Healthy Choices

Choosing healthy habits leads to better physical and mental wellbeing.

Practice Good Hygiene



Wash hands regularly

Use soap and water to wash hands for at least 20 seconds, especially after using the bathroom, before eating, and after blowing your nose.



Bathe daily

Take a full body bath or shower daily using soap, water, and shampoo to keep your body clean.



Brush and floss teeth

Brush teeth thoroughly twice a day and floss daily to remove food debris and plaque that can cause cavities.



Wash clothes/bedding frequently


Wash clothes, towels, sheets and blankets regularly in hot water to kill germs and remove dirt and odor.

Practicing good personal hygiene through handwashing, bathing, oral care, and laundry helps prevent illness and maintain health.

Aspects of self




MENTAL



mindfulness
self-talk
therapy

EMOTIONAL




gratitude
triggers
journal

ENVIRONMENT



clean
safety

SOCIAL



boundaries
connection

Make Time for Yourself

Taking time for yourself is so important. Set aside time each day or week to do something just for you - whether it's reading, exercising, meditating, or simply relaxing. Self-care helps reduce stress and gives you the energy to be there for others.

Get Regular Health Screenings

- **Get a Pap test**

Women ages 21-65 should get a Pap test every 3 years to screen for cervical cancer. Those with risk factors may need them more often.

- **Get STD testing**

Sexually active women should get tested for chlamydia, gonorrhea, HIV and syphilis. Testing frequency depends on risk factors.

- **Get a mammogram**

Women ages 40-44 should start getting annual mammograms. Those 45-54 can switch to every other year.

- **Get blood work**

Get cholesterol, blood sugar and thyroid levels checked. Discuss with your doctor how often based on risk factors.

Seek Help for Mental Health

Depression rate among women

Anxiety rate among women

Eating disorders rate
among women

Seek therapy if
needed

Eat a Balanced Diet

- **Eat plenty of fruits and vegetables.**
Aim for 5-9 servings of fruits and vegetables per day for a healthy, balanced diet. Keyword: apple
- **Choose whole grains**
Opt for whole grains like brown rice, quinoa, and oatmeal instead of refined grains. Keyword: rice
- **Include lean protein**
Eat lean meats like chicken, fish, eggs and plant-based proteins like beans and lentils. Keyword: chicken
- **Consume healthy fats**
Choose unsaturated fats like olive oil, avocados, nuts and seeds. Keyword: avocado
- **Limit sugar, salt and unhealthy fats**
Reduce intake of processed foods, fatty meats, sugary drinks, salty snacks and trans fats. Keyword: donut

Exercise Regularly

● Today

Walk briskly for
30 minutes 5
days this week

● In 1 week

Increase brisk
walking to 45
minutes 5 days
this week

● In 2 weeks

Add jogging
for 15 minutes
2 days this
week

“"Aim for 7-9 hours of sleep per night to give your body the rest it needs to restore itself." - Dr. Emily Thomas, Sleep Medicine Specialist”

DR. EMILY THOMAS, SLEEP MEDICINE SPECIALIST

Manage Stress



Try yoga

Yoga can help relieve stress and improve flexibility



Practice meditation

Meditation can calm the mind and reduce anxiety



Go for a walk

Walking releases endorphins which reduce stress



Talk to friends

Confiding in friends provides emotional support

Using healthy stress relief methods can improve your mood and overall wellbeing.

Do Self-Exams

● Every month
Do a breast
self-exam to
check for any
lumps or
changes.

● Age 40
Get a
mammogram.

● Age 45
Get a
mammogram
every year.

● Age 21-29
Get a Pap test
every 3 years.

● Age 30-65
Get a Pap test
and HPV test
every 5 years.

““Struggling with mental health issues is not a sign of weakness. Seeking help from a professional shows strength and self-awareness.” - Anonymous”

Practice Safe Sex



Use condoms

Condoms provide a barrier against bodily fluids to prevent STIs and pregnancy.



Use other barrier methods

Dental dams and female condoms also prevent STIs.



Get tested regularly

Know your STI status through regular screening.

Safe sex practices protect health and prevent unintended consequences.

Stay Social

● Present

Schedule weekly video calls or meetups with friends.

● Present

Join community groups or classes to meet new people.

● Present

Make time for family dinners or activities.

● Future

Plan reunions and trips to visit long-distance loved ones.

● Future

Offer support through major life events and transitions.

● Future

Set shared goals like exercise challenges.

Drink Water



Drink 8 glasses of water daily

Aim for 8 cups of water spread throughout the day to stay hydrated.



Carry a water bottle

Having a water bottle on hand makes it easy to drink water regularly.



Choose water over sugary drinks

Water has no calories and is the healthiest beverage choice.

Staying hydrated by drinking plenty of water every day supports overall health.



DIVINE

LIFE HOSPITAL

MANAGED BY MEDIAID HEALTHCARE LLP
