



May is Women's Health Month

May 9 – 15 is National Women's Health Week. RWBAHC will celebrate Women's Health for the entire month. If you're a woman, acknowledge women's health issues by taking stock of your own health. Here are some great tips to get started:

- ❖ Visit your physician or primary health care provider and discuss any health concerns or goals
- ❖ Work on improving your diet and implementing regular exercise into your daily routine
- ❖ Decrease stress by developing at least one stress-busting habit, such as daily meditation or breathing exercises. Most importantly find one that works for you.

The Health of Female Teenagers

Adolescent women have many health issues and often they don't get the health education or guidance they need. If you have daughters educate yourself on their health needs to give them the support they need to stay healthy as they grow and mature. Here are some of the main topics young women are faces with:

- ❖ Substance abuse – more than one in four high school girls are smokers. Young smokers are more likely to become heavy adult smokers. Does your daughter smoke? Don't wait until it's too late, find out today. More women than ever are dying from lung cancer.
- ❖ Sexuality – 57 percent of reported HIV infections occur among young women. The highest Chlamydia rates occur among women ages 15 – 19. STD/HIV education is a necessity, talk to your daughter now, and ensure your daughter is properly equipped with the knowledge she needs to prevent acquiring an STD.
- ❖ Self-esteem – 90 percent of all cases of eating are adolescent or young women, eating disorders also cause more deaths than any other mental disorder among young women.
- ❖ Body-image – Inactivity is twice as common among young women as it is young men. This country must take an active stance in promoting physical activity, obesity causes diabetes, and just recently the American Cancer Society has predicted inactivity and obesity will surpass smoking in causing cancer.

For more information on improving your health, go to www.4women.gov, a web site devoted to improving women's health from The National Women's Health Center, a part of the U.S. Department of Health and Human Services.

Please call or visit the Health Education Resource Center at R.W. Bliss Army Health Center for more information on health related topics. Call 533-5668 or email the Director at selina.jeanise@us.army.mil with any questions or concerns. We are here to protect your health and provide you with the best in health care and health information because we care.