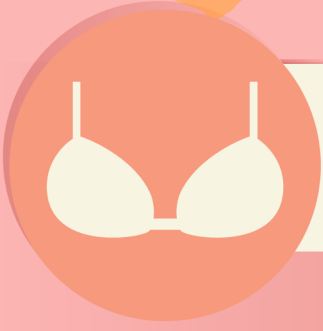


# LIVE BETTER: WOMEN'S HEALTH TIPS



1  
12

## BREAST CANCER

...women will be diagnosed with breast cancer in their lifetime, making it the most common cancer among women. Early detection is key, and women 50+ should schedule routine mammograms every 2 years.



75%  
TO  
80%

## URINARY INCONTINENCE

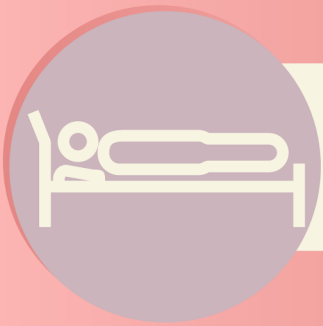
...of adults diagnosed with urinary incontinence are women, with pregnancy, childbirth, and menopause as major contributing factors. Pelvic floor exercises and maintaining a healthy weight can help to reduce symptoms of urinary incontinence in some women.



1  
10

## OSTEOPOROSIS

...women 60+ have osteoporosis affecting an estimated 200 million women worldwide. Regular exercise and adequate calcium consumption through diet and supplements are recommended to help reduce risk of osteoporosis.



6  
TO  
9

## SLEEP

...hours of sleep are recommended for women by The National Sleep Foundation. Avoiding blue light emitting electronic devices like cellphones, tablets, and laptops an hour before bed can improve your quality of sleep.



33%

## REPRODUCTIVE AND SEXUAL HEALTH

...of health issues for women between 15-44 years of age are due to reproductive and sexual health. Practicing safe sex and scheduling regular pelvic exams are recommended to reduce risk of and detect issues.



38%

## WEIGHT

...of women 20+ are classified as being overweight based on national standards. A healthy diet including lean meats and multiple servings of fruits and vegetables combined with at least 30 minutes of leisurely activity per day is recommended for safe weight management. An hour of more intense exercise 3 to 4 times per week can drastically improve weight management goals.



50%

## ARTHRITIS

...of women aged 65+ reported having arthritis, this percentage increases with age. Recommendations for addressing symptoms, like joint stiffness and pain, include staying active and maintaining a healthy bodyweight.