

# 2009



## WOMEN'S HEALTH CALENDAR



[womenshealth.gov](http://womenshealth.gov)

800-994-9662

TDD: 888-220-5446



U.S. Department of Health and Human Services,  
Office on Women's Health

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# About Us

## **What is the U.S. Department of Health and Human Services?**

The U.S. Department of Health and Human Services (HHS) is the federal agency responsible for protecting the health of all Americans. Its headquarters are based in Washington, DC. HHS is the publisher of the 2009 Women's Health Calendar.

## **What is the Office on Women's Health?**

The Office on Women's Health (OWH) was established in 1991 as a division of the Office of Public Health and Science within HHS. Our mission is to improve the health and well-being of all U.S. women and girls. OWH leads and coordinates the efforts of all the HHS agencies and offices involved in women's health. We create and sponsor innovative programs that focus on the health of women and girls. We educate health professionals, such as physicians, dentists, researchers, therapists, and nurses. Our publications, web sites, and special events reach out to you, the public. We work to educate and motivate people to live healthier lives by giving them trustworthy, accurate health information. As part of our work, we produced this resource guide.

## **What are [womenshealth.gov](http://womenshealth.gov) and [girlshealth.gov](http://girlshealth.gov)?**

[Womenshealth.gov](http://womenshealth.gov) and [girlshealth.gov](http://girlshealth.gov) are free services of the U.S. Department of Health and Human Services. [Womenshealth.gov](http://womenshealth.gov) and [girlshealth.gov](http://girlshealth.gov) provide reliable, accurate, commercial-free information on the health of women and girls. They cover more than 800 topics, on issues ranging from adolescent health to reproductive health to older women's health.

You can access these resources in two ways: through a toll-free telephone call or through the Internet. We offer an information referral center with

trained Information Specialists to answer your calls in either English or Spanish. Call 800-994-9662. For individuals who are hearing impaired, call TDD at 888-220-5446. Our two comprehensive web sites focusing on women's and girls' health are available online at [www.womenshealth.gov](http://www.womenshealth.gov) and [www.girlshealth.gov](http://www.girlshealth.gov). Whichever way you use our services, you'll get:

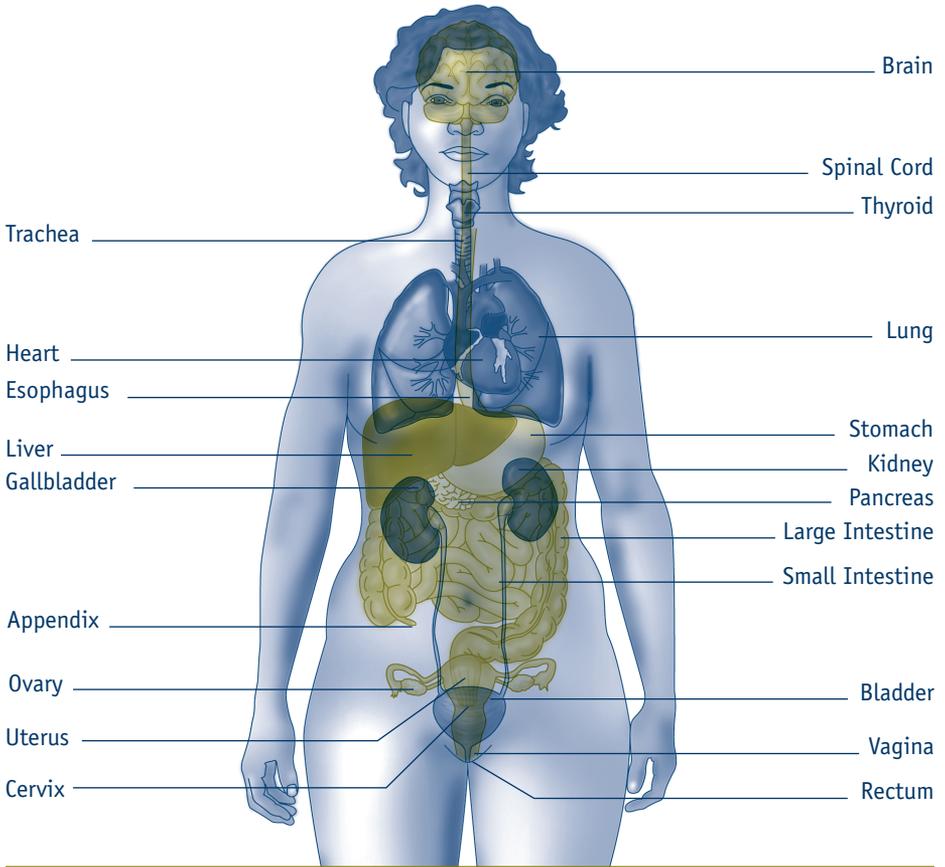
- clear answers to frequently asked questions
- links to thousands of health publications
- statistics on women's health
- online journals and dictionaries
- daily news on women's health
- a calendar of events
- a National Breastfeeding Helpline with trained peer counselors
- health information in Spanish

### **How are [womenshealth.gov](http://www.womenshealth.gov) and [girlshealth.gov](http://www.girlshealth.gov) different from other web sites on women's health?**

[Womenshealth.gov](http://www.womenshealth.gov) and [girlshealth.gov](http://www.girlshealth.gov) are sponsored by the federal government with your tax dollars. We don't represent any special commercial interests. We don't allow advertisements on our site. We don't try to sell you products, magazines, or anything else. We screen all health information for accuracy before it ever appears on our web sites or in our publications. Our Information Specialists are trained to help you, whether it's referring you to the right organization, mailing you free information, or even coaching new moms on how to breastfeed their infants.

[Womenshealth.gov](http://www.womenshealth.gov) and [girlshealth.gov](http://www.girlshealth.gov) exist to help you and your loved ones get the reliable and accurate health information you need to get, or stay, healthy.

# Know Your Body



## Women's Body Systems

Cardiovascular and Circulatory

Digestive (gastrointestinal)

Endocrine

Nervous (neurologic) and Skeletal

Reproductive

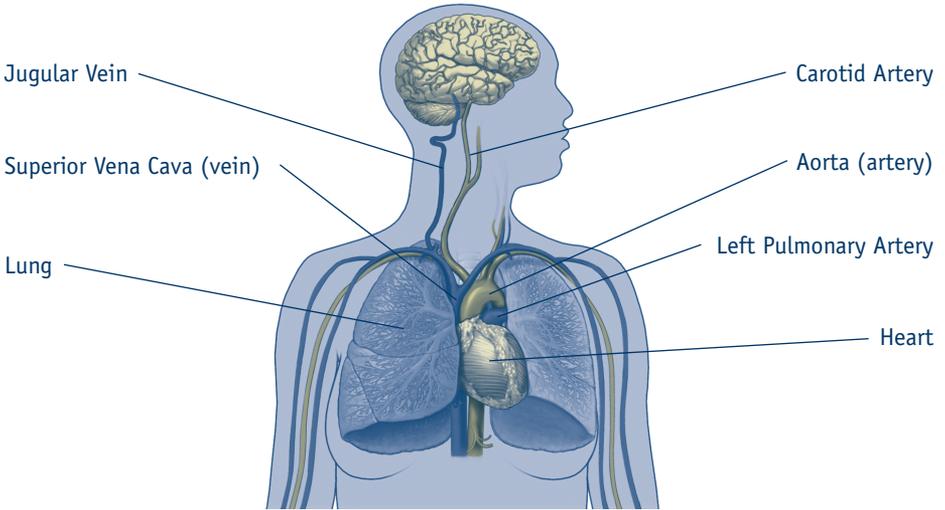
Respiratory

Urinary (renal)

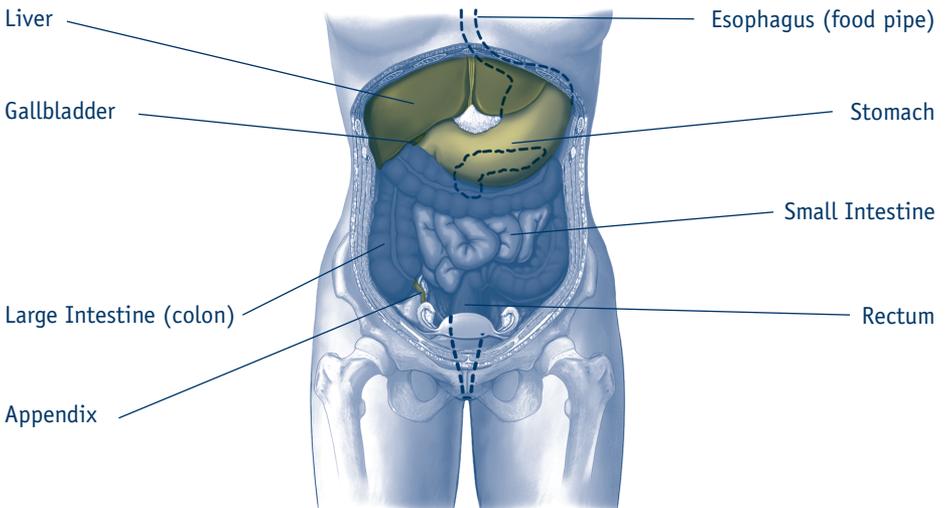
*See the systems diagrams on pages 5–8*

# Know Your Body

## Cardiovascular and Circulatory Systems

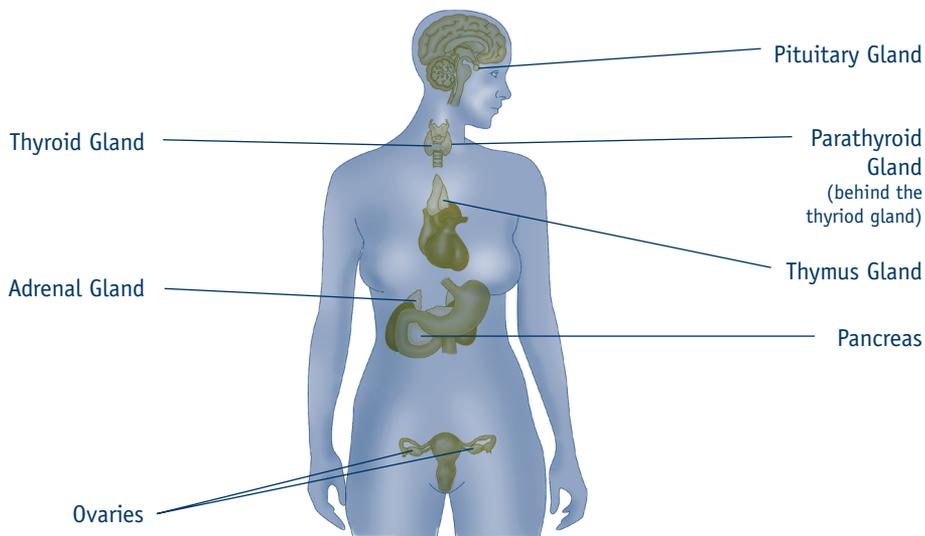


## Digestive (gastrointestinal) System

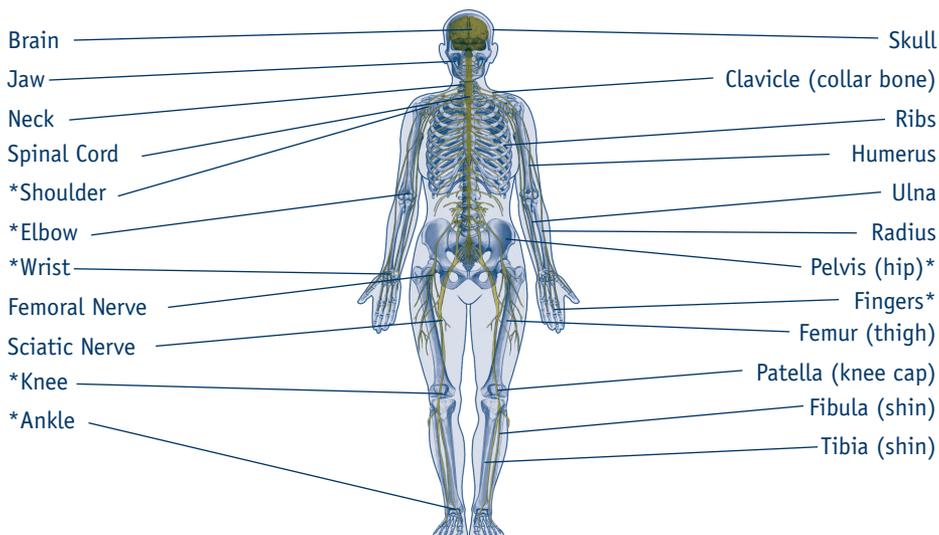


# Know Your Body

## Endocrine System



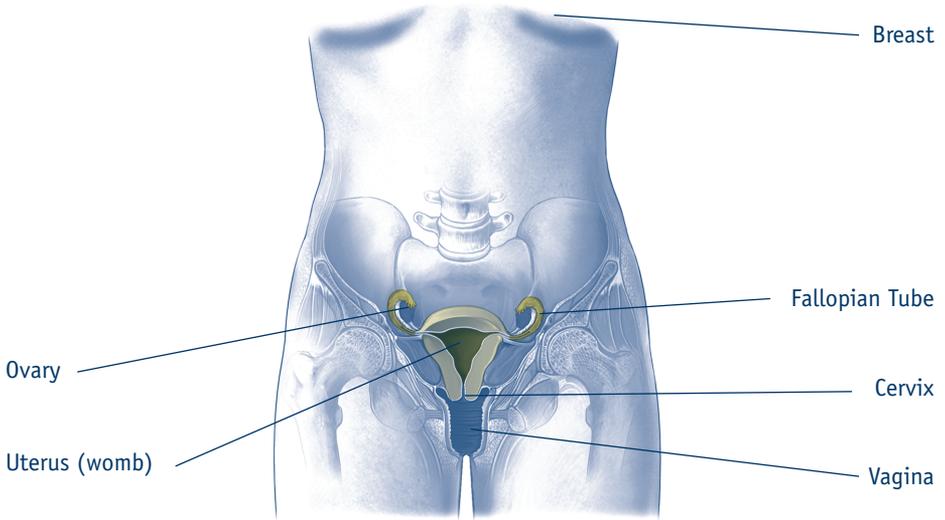
## Nervous (neurologic) and Skeletal Systems



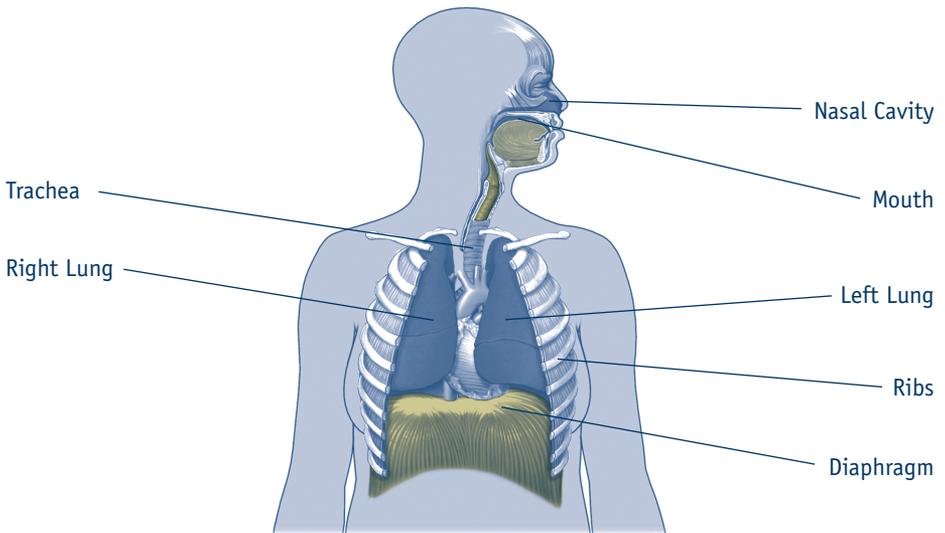
\*Major joints where arthritis or joint disease can occur.

# Know Your Body

## Reproductive System

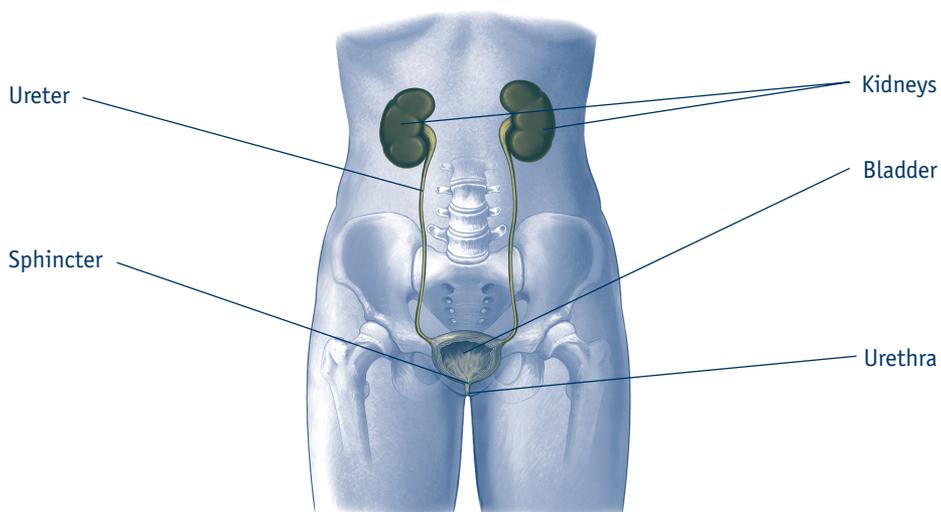


## Respiratory System



# Know Your Body

## Urinary (renal) System





# Pay Attention:

## Symptoms of Serious Health Conditions

The symptoms on pages 10–12 could be signs of serious health conditions and should be checked by a doctor or nurse. It is important to note that you might feel symptoms in one part of your body that could actually mean a problem in another part. Even if the symptoms don't seem related, they could be. Keep track of your symptoms. If you have any of these symptoms, make an appointment to see your doctor. Listen to what your body is telling you, and be sure to describe every symptom in detail to your doctor.

Note: A chart of diagnostic tests that your provider might order are found later in this guide.

### Signs of a heart attack

The most common sign of a heart attack is mild or strong pain or discomfort in the center of the chest.



It can last more than a few minutes, or it can go away and come back.

Other common signs of a heart attack include:

- pain or discomfort in one or both arms, back, neck, jaw, or stomach
- shortness of breath (feeling like you can't get enough air)
- nausea or vomiting
- feeling faint or woozy
- breaking out in a cold sweat

**Warning:** Some women may feel very tired, sometimes for days or weeks before a heart attack occurs. Women may also have heartburn, a cough, or heart flutters or lose their appetite.

### Signs of a stroke

A stroke happens fast. The most common signs of a stroke are **sudden**:



- numbness or weakness of the face, arm, or leg, especially on one side of the body
- trouble seeing in one or both eyes
- trouble walking, dizziness, or loss of balance or coordination
- confusion or trouble speaking or understanding
- severe headache with no known cause

If you have any of these symptoms or see anyone with these symptoms, call 911 right away. Every minute counts!

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## Symptoms of reproductive health problems

- bleeding or spotting between periods
- itching, burning, or irritation (including bumps, blisters, or sores) of the vagina or genital area
- pain or discomfort during sex
- severe or painful bleeding with periods
- moderate to severe pelvic or abdominal pain
- unusual (for you) vaginal discharge of any type or color or with strong odor
- pain or other problems while urinating or moving bowels



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## Symptoms of breast problems

- hard lump or knot in or near the breast or in your underarm
- dimpling, puckering, or ridges of the skin on the breast
- change in the size or shape of your breast
- clear or bloody fluid that leaks out of the nipple
- itchy or scaly sore or rash on the nipple
- unusual swelling, warmth, or redness



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## Symptoms of lung problems

- coughing up blood or mucus
- shortness of breath
- wheezing
- a cough that won't go away
- uncomfortable or painful breathing
- a feeling of tightness in the chest



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## Symptoms of stomach or digestive problems

- bleeding from the rectum
- blood or mucus in the stool (including diarrhea) or black or clay-colored stools
- change in bowel habits or not being able to control bowels
- constipation, diarrhea, or both
- heartburn or acid reflux (feels like burning in throat or mouth)
- stomach pain or discomfort, such as bloating
- nausea and vomiting
- unexplained weight loss or weight gain



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## Symptoms of bladder problems

- difficult or painful urination
- frequent urination, intense urges to urinate, or loss of bladder control
- urine that is bloody, cloudy, dark, or strong smelling
- long-term pain in the back or sides



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## Symptoms of skin problems

- changes in the skin, such as changes in existing moles or new growths
- moles that are no longer round or have irregular borders
- moles that change colors or change in size (usually get bigger)
- frequent flushing (a sudden feeling of heat)
- jaundice (when the skin and whites of the eyes turn yellow)
- painful, crusting, scaling, or oozing sores that don't heal
- sensitivity to sun



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## Symptoms of muscle or joint problems

- muscle pains and body aches that are persistent, or that come and go often
- numbness, tingling (pins and needles sensation), or discomfort in hands, feet, or limbs



- pain, stiffness, swelling, or redness in or around joints

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## Symptoms of mental health problems

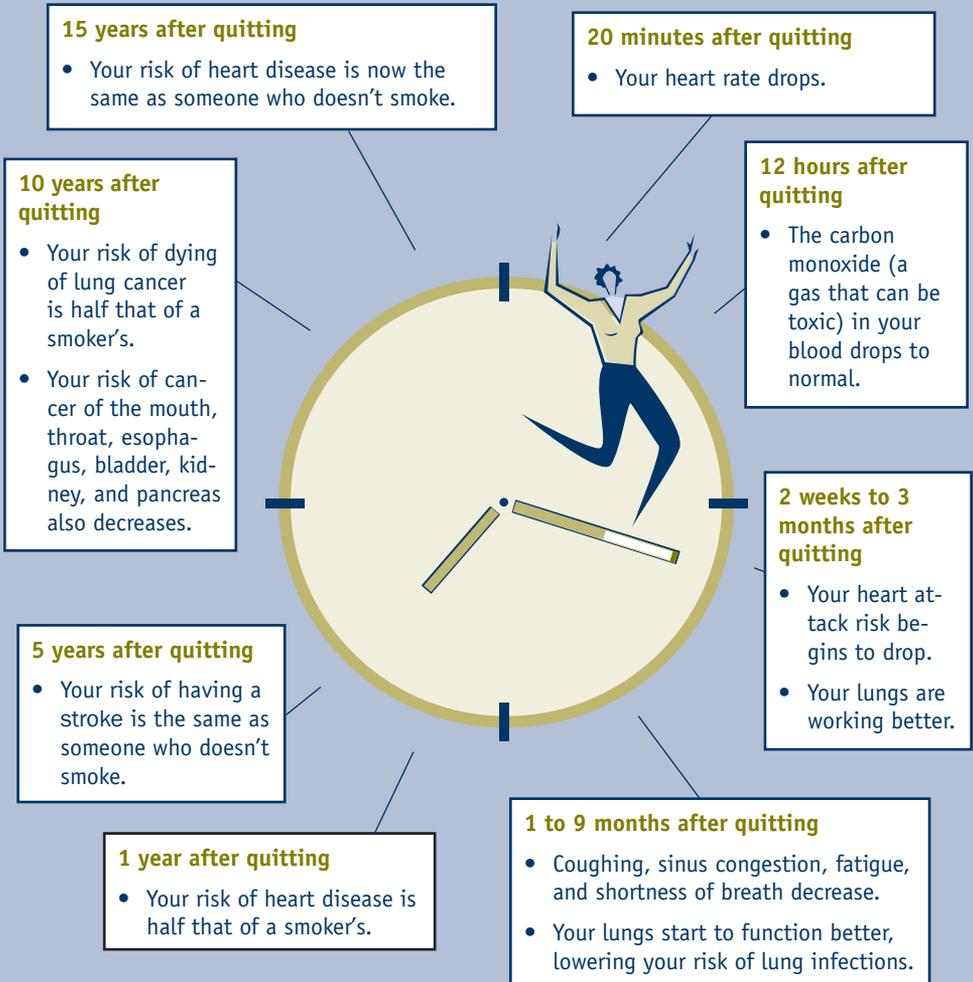
Note: These symptoms can have a physical cause and are usually treatable.



- anxiety and constant worry
- depression: feeling empty, sad all the time, or worthless
- extreme fatigue, even when rested
- extreme tension that can't be explained
- flashbacks and nightmares about traumatic events
- no interest in getting out of bed or doing regular activities, including eating or sex
- thoughts about suicide and death
- seeing or hearing things that aren't there (hallucinations)
- seeing things differently from what they are (delusions)
- "baby blues" that haven't gone away two weeks after giving birth and seem to get worse over time
- thoughts about harming yourself or your baby after giving birth
- desire to starve or vomit on purpose
- desire to binge on food excessively

# Feel Great: Quit Smoking

New information shows that smoking causes diseases in nearly every organ of the body. Smoking is linked to diseases such as leukemia, cataracts, pneumonia, and cancers of the cervix, lung, kidney, pancreas, and stomach. Lung cancer alone claims the lives of more women than any other cancer. Stop smoking to lower your chances of getting these diseases!



# HOW TO

## Talk to Your Doctor or Nurse

Waiting in your doctor's office can make you feel nervous, impatient, or even scared. You might worry about what's wrong with you. You might feel annoyed because you're not getting other things done. Then when you see your doctor or nurse, the visit seems to be so short. You might have only a few minutes to explain your symptoms and concerns. Later that day, you might remember something you forgot to ask. You wonder if your question and its answer matter. Knowing how to talk to your doctor, nurse, or other members of your health care team will help you get the information you need.

### Tips: What to do

- **List your questions and concerns.** Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.
- **Describe your symptoms.** Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.
- **Give your doctor a list of your medications.** Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.
- **Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history.** Not sharing information with your doctor or nurse can be harmful!
- **Describe any allergies to drugs, foods, pollen, or other things.** Don't forget to mention if you are being treated by other doctors, including mental health professionals.
- **Talk about sensitive topics.** Your doctor or nurse has probably heard it before! Don't leave something out because you're worried about taking up too much time. Be sure to talk about all of your concerns before you leave. If you don't understand the answers your doctor gives you, ask again.
- **Ask questions about any tests and your test results.** Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask how you can learn the test results. Ask how long it will take to get the results.

- **Ask questions about your condition or illness.** When your illness is diagnosed, ask your doctor how you can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?
- **Tell your doctor or nurse if you are pregnant or intend to become pregnant.** Some medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or about to become pregnant.
- **Ask your doctor about any treatments he or she recommends.** Be sure to ask about all of your options for treatment. Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.
- **Ask your doctor about any medicines he or she prescribes for you.** Make sure you understand how to take your medicine. What should you do if you miss a dose? Are there any foods, drugs, or activities you should avoid when taking the medicine? Is there a generic brand of the drug you can use? You can also ask your pharmacist if a generic drug is available for your medication.
- **Ask more questions if you don't understand something.** If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.
- **Bring a family member or trusted friend with you.** That person can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions, too!
- **Call before your visit to tell them if you have special needs.** If you don't speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.



# HOW TO

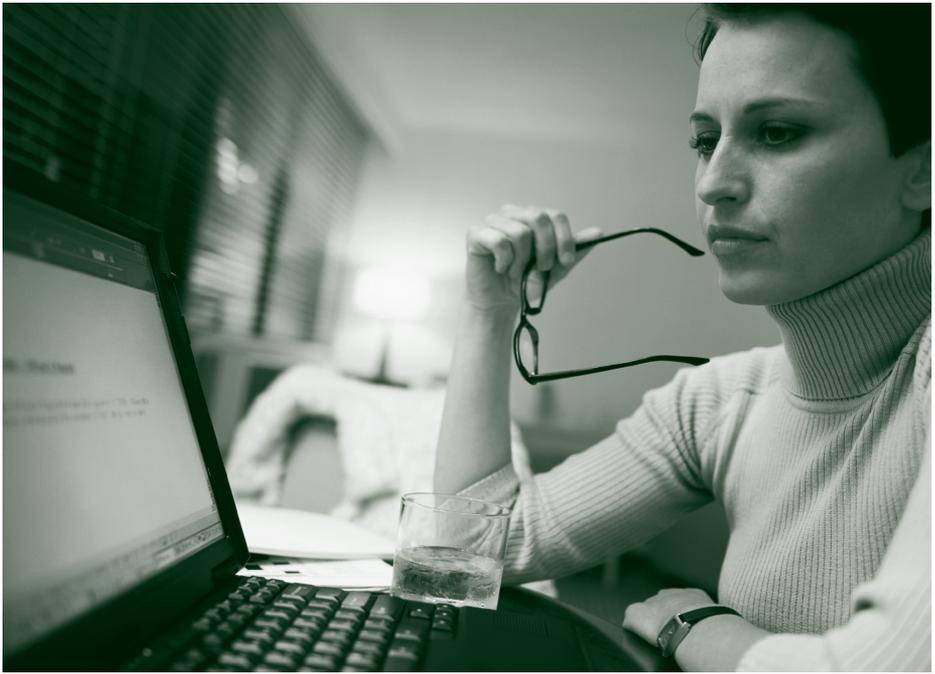
## Get a Second Opinion

Even though doctors may get similar medical training, they can have their own opinions and thoughts about how to practice medicine. They can have different ideas about how to diagnose and treat conditions or diseases. Some doctors take a more conservative, or traditional, approach to treating their patients. Other doctors are more aggressive and use the newest tests and therapies. It seems like we learn about new advances in medicine almost every day.

Many doctors specialize in one area of medicine, such as cardiology or obstetrics or psychiatry. Not every doctor can be skilled in using all the latest technology. Getting a second opinion from a different doctor might give you a fresh perspective and new information. It could provide you with new options for treating your condition. Then you can make more informed choices. If you get similar opinions from two doctors, you can also talk with a third doctor.

### Tips: What to do

- **Ask your doctor for a recommendation.** Ask for the name of another doctor or specialist, so you can get a second opinion. Don't worry about hurting your doctor's feelings. Most doctors welcome a second opinion, especially when surgery or long-term treatment is involved.
- **Ask someone you trust for a recommendation.** If you don't feel comfortable asking your doctor for a referral, then call another doctor you trust. You can also call university teaching hospitals and medical societies in your area for the names of doctors. Some of this information is also available on the Internet.
- **Check with your health insurance provider.** Call your insurance company before you get a second opinion. Ask if they will pay for this office visit. Many health insurance providers do. Ask if there are any special procedures you or your primary care doctor needs to follow.
- **Ask to have medical records sent to the second doctor.** Ask your primary care doctor to send your medical records to the new doctor. You need to give written permission to your current doctor to send any records or test results to a new doctor. You can also ask for a copy of your own medical records for your files. Your new doctor can then examine these records before your office visit.



- **Learn as much as you can.** Ask your doctor for information you can read. Go to a local library. Search the Internet for reliable government and voluntary health organizations, such as [womenshealth.gov](http://womenshealth.gov), the Centers for Disease Control and Prevention, and the American Heart Association. Find a teaching hospital or university that has medical libraries open to the public. The information you find can be hard to understand, or just confusing. Make a list of your questions, and bring it with you when you see your new doctor.
- **Do not rely on the Internet or a telephone conversation.** When you get a second opinion, you need to be seen by a doctor. That doctor will perform a physical examination and perhaps other tests. The doctor will also thoroughly review your medical records, ask you questions, and address your concerns.

# HOW TO

## Read Drug Labels

Medicines, or drugs, come as either prescription or over the counter (OTC). Prescription drugs are used under a doctor's care. OTC drugs can be bought and used without a doctor's prescription, and you buy them at a drugstore or grocery store. When using any kind of drug, it's really important to read the drug label for instructions. Not following the instructions can hurt your health. Read the label each time you use a new bottle of a drug, just in case there have been changes to it since the last time you used it. See the drug label below and on the next page to know what to look for. If you read the label and still have questions, call your doctor, nurse, or pharmacist for help.

### Prescription Drug Label

**Pharmacy name and address**

**Number used by the drugstore to identify this drug for your refills**

**Person who gets this drug**

**Instructions about how often and when to take this drug**

**Name of drug and strength of drug**

**Number of refills before certain date**

**Doctor's name**

**Drugstore phone number**

**Prescription fill date**

**Don't use this drug past this date**

**Local Pharmacy**  
123 MAIN STREET  
ANYTOWN, USA 11111  
800-555-5555

DR. C. JONES

NO 0060023-08291 DATE 06/23/09

**JANE SMITH**  
456 MAIN STREET ANYTOWN, US 11111

**TAKE ONE CAPSULE BY MOUTH THREE TIMES DAILY FOR 10 DAYS UNTIL ALL TAKEN**

**AMOXICILLIN 500MG CAPSULES**

QTY MRG  
NO REFILLS - DR. AUTHORIZATION REQUIRED  
USE BEFORE 06/23/12  
SLF/SLF

Rx ONLY

## Over-the-Counter (OTC) Medicine Label

<b>Drug Facts</b>								
Therapeutic substance in drug	<table border="0"> <tr> <td><b>Active ingredient (in each tablet)</b></td> <td><b>Purpose</b></td> </tr> <tr> <td>Chlorpheniramine maleate 2 mg . . . . .</td> <td>Antihistamine</td> </tr> </table>	<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>	Chlorpheniramine maleate 2 mg . . . . .	Antihistamine	Product type		
<b>Active ingredient (in each tablet)</b>	<b>Purpose</b>							
Chlorpheniramine maleate 2 mg . . . . .	Antihistamine							
	<p><b>Uses</b> temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:</p> <ul style="list-style-type: none"> <li>■ sneezing   ■ runny nose   ■ itchy, watery eyes</li> <li>■ itchy throat</li> </ul>	Symptoms or diseases the drug treats						
When not to use this drug, when to stop taking it, when to see a doctor, and possible side effects	<p><b>Warnings</b></p> <p><b>Ask a doctor before use if you have</b></p> <ul style="list-style-type: none"> <li>■ glaucoma</li> <li>■ a breathing problem such as emphysema or chronic bronchitis</li> <li>■ trouble urinating due to an enlarged prostate gland</li> </ul> <hr/> <p><b>Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives</b></p>							
	<p><b>When using this product</b></p> <ul style="list-style-type: none"> <li>■ You may get drowsy   ■ Avoid alcoholic drinks</li> <li>■ Alcohol, sedatives, and tranquilizers may increase drowsiness</li> <li>■ Be careful when driving a motor vehicle or operating machinery</li> <li>■ Excitability may occur, especially in children</li> </ul>							
	<p><b>If pregnant or breastfeeding</b>, ask a health professional before use.</p> <p><b>Keep out of reach of children.</b> In case of overdose, get medical help or contact a Poison Control Center right away.</p>							
	<p><b>Directions</b></p> <table border="0"> <tr> <td>Adults and children 12 years and over</td> <td>Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours</td> </tr> <tr> <td>Children 6 years to under 12 years</td> <td>Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours</td> </tr> <tr> <td>Children under 6 years</td> <td>Ask a doctor</td> </tr> </table>	Adults and children 12 years and over	Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours	Children 6 years to under 12 years	Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours	Children under 6 years	Ask a doctor	Read carefully: how much to take, how often to take it, and when to stop taking it
Adults and children 12 years and over	Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours							
Children 6 years to under 12 years	Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours							
Children under 6 years	Ask a doctor							
More information on how to store the drug	<p><b>Other information</b> Store at 20-25° C (68-77° F)</p> <ul style="list-style-type: none"> <li>■ Protect from excessive moisture</li> </ul>							
	<p><b>Inactive ingredients</b> D&amp;C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch</p>	Other things in the drug, such as colors or flavorings						

# HOW TO

## Be Prepared for Emergencies

When disaster strikes, you may not have much time to act. To help protect loved ones, take simple steps now to prepare your family for sudden emergencies or other disasters.

### Three basic steps for disaster or emergency preparedness

- 1. KNOW** what natural or other disasters could occur in your area and how to prepare for them. Learn about local evacuation routes, so that you know how to leave an area quickly. The Federal Emergency Management Agency offers information on preparedness at [www.fema.gov](http://www.fema.gov).
- 2. PLAN** out on paper the steps you should take during an emergency and give family members a copy. Talk about potential disasters or emergencies and how to respond to each. Choose a meeting place, other than your home, for family members to gather in case you can't go home. Make sure you choose an "emergency check-in" contact person and teach your children the phone number for this person.
- 3. PACK** emergency supplies in your home to meet your needs for 3 days. Always keep all your important documentation together, in one place, in case you have to "grab and go" during an evacuation.

### Need to evacuate? Have a kit ready that includes:

- identification for yourself and your children, such as birth certificates and social security cards
- important personal papers, such as health insurance identification cards, immigration papers, and children's school records
- funds in the form of cash, traveler's checks, credit cards, and checkbook
- keys to the house, car, and safety deposit box or post office box
- ways to communicate, including a calling card, cell phone and extra battery, and the emergency check-in number for family members to call
- prescription medications, including written prescription orders, and supplies such as contact lens cleaner and feminine hygiene products

### Essential items for disaster preparedness

Relief workers will most likely be on the scene after a disaster, but they cannot reach everyone immediately. Gather the following supplies in case you have to stay where you are.

**Water.** Keep at least a 3-day supply of water for each person, stored in plastic containers. Each person needs 1 gallon of water each day.

**Food.** Store at least a 3-day supply of nonperishable food such as canned meat, beans, vegetables, fruit and juices; peanut butter or other high-energy food; and unsalted crackers. Keep a nonelectric can opener handy. If you have pets, stock up on canned pet food.

**Infant care.** Store baby formula and water to prepare it if a child is not breastfed. If you need to evacuate quickly, bring towels or sheets to carry a baby instead of a bulky stroller.

**Other supplies.** Make sure you have large plastic bags that seal for waterproofing important papers, a battery-powered flashlight and radio with extra batteries, and a first aid kit.

### **Breastfeeding during an emergency**

When an emergency occurs, breastfeeding saves lives.

- Breastfeeding protects babies from the risks of a contaminated water supply.
- Breastfeeding helps protect against respiratory illnesses and diarrhea—diseases that can be fatal in populations displaced by disaster.

The basics of breastfeeding during an emergency are much the same as they are in normal times. Continuing to breastfeed whenever the baby seems hungry maintains a mother's milk supply and is calming to both mother and baby. Visit [www.llli.org](http://www.llli.org) for information on how to breastfeed in an emergency, even if you have been giving your baby formula.

### **Food and water safety during an emergency**

Food may not be safe to eat during and after an emergency. Water may not be safe to drink, clean with, or bathe in after an emergency such as a hurricane or flood because it can become contaminated with bacteria, sewage, agricultural or industrial waste, chemicals, and other substances that can cause illness or death. The Centers for Disease Control and Prevention has information about keeping your food and water safe at [www.bt.cdc.gov/disasters/foodwater](http://www.bt.cdc.gov/disasters/foodwater).

### **Staying safe from violence during an emergency**

After disasters, women are at greater risk of sexual assault or other violence. Visit [www.womenshealth.gov/violence](http://www.womenshealth.gov/violence) for safety tips.

# Understanding Avian and Pandemic Flu

Avian influenza (flu) is not the same as pandemic flu. A pandemic flu is a global outbreak of a flu. A pandemic can happen when a new virus appears that people have little or no immunity against and for which there is no vaccine. (Having immunity means you are resistant to, or protected against, a disease.) A new virus can spread quickly from person to person around the world, causing severe illness and even death. Although it is hard to know when the next flu pandemic will happen or how dangerous it will be, you can be informed and take steps to prepare your family. Avian flu has received a lot of attention in recent years, raising many questions about the dangers of a flu pandemic.

## What is avian flu?

Avian or “bird” flu is caused by influenza viruses that naturally affect birds. Wild birds carry these highly contagious viruses, but they generally do not become sick. Domesticated birds, though, are at great risk. Avian flu can cause serious illness and death for infected chickens, ducks, and turkeys.

## Why are health officials concerned about avian flu for humans?

Although people are not usually at risk of getting avian flu viruses, a virus called H5N1 is one of the few strains that has crossed over to infect people. The H5N1 virus is powerful, having caused the deaths of more than half of the people infected. Experts think most of these cases have been caused by contact with infected birds. To date, there has been limited spread of the virus from person to person. The concern is that H5N1 will change into a virus that can pass from person to person more easily and more quickly. An increasing number of human cases have been found in Asian, European, and African countries. Health officials are watching the situation closely to prepare for the possibility that the virus may spread to other parts of the world.

## Will getting a seasonal flu shot prevent me from getting avian flu?

No. The flu shot can help protect you only from seasonal flu. No vaccine is available to protect against the H5N1 virus that has been found in people, but researchers are working on making one.

## What are the symptoms of avian flu?

Symptoms can include regular flu symptoms such as fever, cough, sore throat, and muscle aches. Other symptoms may include eye infections, pneumonia, and severe respiratory problems. There may be other symptoms that we do not yet know about.

## **Are there treatments available for avian flu?**

The H5N1 virus is resistant to two medicines used to treat the flu: amantadine (uh-MAN-tuh-deen) and rimantadine (rih-MAN-tuh-deen). Two other flu medicines called oseltamavir (o-suhl-TAM-uh-vihr) and zanamivir (zuh-NAM-uh-vihr) may work to treat the flu caused by H5N1. More research is needed to test these medicines. Health researchers are also working on improving flu testing, to better detect which flu strain you have and where it came from. This will help government officials track dangerous flu viruses and help keep the public informed.

## **What can I do to help keep my family healthy and diminish the risk of pandemic flu?**

You and members of your family can take steps to help limit the spread of germs.

- Wash your hands with soap and warm water often.
- Use an alcohol-based hand cleanser if you don't have soap handy.
- When coughing or sneezing, cover your mouth and nose with a tissue (or your upper sleeve if you don't have a tissue), throw used tissue away, and wash your hands afterward.
- If you are sick, stay home.
- It is also important to eat a balanced diet, drink plenty of water, get regular physical activity, and get enough rest.

## **What should I do to help my family prepare for a flu pandemic?**

Visit [www.pandemicflu.gov](http://www.pandemicflu.gov) to learn how to prepare your family. This web site provides preparation checklists for families and businesses, information for people who deal with poultry, and the latest information on how avian flu is affecting people around the world. If H5N1 does cause a pandemic flu, this web site will offer important safety information. You can also call the Centers for Disease Control and Prevention Hotline at 800-CDC-INFO (800-232-4636) or 888-232-6348 (TDD) 24 hours a day, 7 days a week.

**[www.pandemicflu.gov](http://www.pandemicflu.gov)  
800-CDC-INFO or  
888-232-6348 (TDD)**

# Taking Charge of Your Health

## Your role in prevention

Getting regular checkups, preventive screening tests, and immunizations are among the most important things you can do for yourself. Use these charts to figure out when to see your doctor or nurse based on your health profile. Then, become a partner with your doctor or nurse to choose when you need your screenings and immunizations. Share your family history, voice your concerns, and always ask questions about what you can do to prevent certain diseases. For instance, if your doctor or nurse asks you to get more physical activity, ask which types of activities are best for you. If you don't know how to do a breast self-exam, ask how and practice until you feel at ease doing it. If you don't know if you need certain screenings, ask your doctor or nurse.

## Understanding risk factors

The charts on pages 26–29 list recommended screenings and immunizations for women at average risk for most diseases. How do you know if your risk is higher than average? Check the charts on pages 30–33 for the recommended screenings and immunizations for women with higher-than-average risk factors. Risk factors are things in your life that increase your chances of getting a condition or disease. They can include things such as family history, exposures to things in the environment, being a certain age or sex, being from a certain ethnic group, or already having a health condition. If you do have high risk factors, your doctor or nurse will most likely want you to be screened or immunized at a younger age or more often than what is recommended. Check with your doctor or nurse to find out if you need to have certain health screenings and how often you will need them.

## More tips for healthy living

Here are some other tips to help you live a healthy life.

### Eat healthy

- Start your day with breakfast.
- Eat a variety of foods.
- Eat whole grains, fruit, and vegetables.
- Watch your portion sizes.

### Stay active

- Get at least 2 hours and 30 minutes of moderate-intensity physical activity each week.

- Try walking, biking, water aerobics, weight training, dancing, softball, and yoga.
- Keep active to reduce your risk of getting heart disease, stroke, high blood pressure, colon cancer, and diabetes.

### **Lower stress**

- Find your favorite ways to relax.
- Make time for yourself.
- Try to get seven to nine hours of sleep every night.
- Talk to friends about your stress.
- Get help from a professional therapist.
- Compromise—give in once in awhile to avoid stressful arguing.
- Write down your thoughts.
- Help others.
- Get a hobby.
- Set limits with yourself and others.
- Plan your time.
- Don't deal with stress in unhealthy ways, such as with too much alcohol or smoking.

### **Stay safe**

- If you are a victim of sexual assault or violence and abuse in your home, you are not alone—call for help. The following hotlines are available 24 hours a day:

National Domestic Violence Hotline

800-799-SAFE (7233)

TDD 800-787-3224

National Sexual Assault Hotline

800-656-HOPE (4673)

- To learn more about these types of violence, as well as stalking, dating violence, and more, visit [www.womenshealth.gov/violence](http://www.womenshealth.gov/violence).

### **Get important tests and immunizations**

Screening tests and immunizations that are recommended for women at both average and high risk for certain diseases are listed on the following pages.

# General Screenings and Immunizations for Women

These charts are guidelines only. Your doctor will personalize the timing of each test and immunization to meet your health care needs.

This chart lists recommended screenings and immunizations for women at average risk for most diseases. Citations for these recommendations can be found online at [www.womenshealth.gov/screeningcharts/general/citations.cfm](http://www.womenshealth.gov/screeningcharts/general/citations.cfm).

## Women Ages 18–39

Screening tests	When to get the test
<b>General health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.
Thyroid test (TSH)	Start at age 35, then every 5 years
<b>Heart health:</b> Blood pressure test	At least every 2 years
Cholesterol test	Start at age 20, discuss with your doctor or nurse.
<b>Diabetes:</b> Blood glucose test	Discuss with your doctor or nurse.
<b>Reproductive health:</b> Pap test and pelvic exam	Every 1–3 years if you have been sexually active or are older than 21
Chlamydia test	Yearly until age 25 if sexually active. Older than age 25, get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
<b>Mental health screening</b>	Discuss with your doctor or nurse.
<b>Colorectal health:</b> Rectal exam	Discuss with your doctor or nurse.
<b>Eye and ear health:</b> Complete eye exam	At least once between the ages 20 and 29 and at least twice between the ages 30 and 39, or any time you have a problem with your eye(s)
Hearing test	Starting at age 18, then every 10 years
<b>Skin health:</b> Mole exam	Monthly mole self-exam; by a doctor every 3 years, starting at age 20
<b>Oral health:</b> Dental exam	One to two times every year
<b>Immunizations:</b> Influenza vaccine	Discuss with your doctor or nurse.
Tetanus-diphtheria booster vaccine	Every 10 years
Human papillomavirus (HPV) vaccine	Up to age 26, discuss with your doctor or nurse.
Meningococcal vaccine	Discuss with your doctor or nurse if attending college.

## Women Ages 40–49

Screening tests	When to get the test
<b>General health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.
Thyroid test (TSH)	Every 5 years
<b>Heart health:</b> Blood pressure test	At least every 2 years
Cholesterol test	Discuss with your doctor or nurse.
<b>Bone health:</b> Bone mineral density test	Discuss with your doctor or nurse.
<b>Diabetes:</b> Blood glucose test	Start at age 45, then every 3 years
<b>Breast health:</b> Mammogram (x-ray of breast)	Every 1–2 years. Discuss with your doctor or nurse.
<b>Reproductive health:</b> Pap test and pelvic exam	Every 1–3 years
Chlamydia test	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
<b>Mental health screening</b>	Discuss with your doctor or nurse.
<b>Colorectal health:</b> Rectal exam	Discuss with your doctor or nurse.
<b>Eye and ear health:</b> Complete eye exam	Every 2–4 years
Hearing test	Every 10 years
<b>Skin health:</b> Mole exam	Monthly mole self-exam; by a doctor every year
<b>Oral health:</b> Dental exam	One to two times every year
<b>Immunizations:</b> Influenza vaccine	Discuss with your doctor or nurse.
Tetanus-diphtheria booster vaccine	Every 10 years

## Women Ages 50–64

Screening tests	When to get the test
<b>General health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.
Thyroid test (TSH)	Every 5 years
<b>Heart health:</b> Blood pressure test	At least every 2 years
Cholesterol test	Discuss with your doctor or nurse.
<b>Bone health:</b> Bone mineral density test	Discuss with your doctor or nurse.
<b>Diabetes:</b> Blood glucose test	Every 3 years
<b>Breast health:</b> Mammogram (x-ray of breast)	Every 1–2 years. Discuss with your doctor or nurse.
<b>Reproductive health:</b> Pap test and pelvic exam	Every 1–3 years
Chlamydia test	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
<b>Mental health screening</b>	Discuss with your doctor or nurse.
<b>Colorectal health:</b> Fecal occult blood test	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years (if not having a colonoscopy)
Double contrast barium enema (DCBE)	Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy	Every 10 years
Rectal exam	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
<b>Eye and ear health:</b> Complete eye exam	Every 2–4 years
Hearing test	Every 3 years
<b>Skin health:</b> Mole exam	Monthly mole self-exam; by a doctor every year
<b>Oral health:</b> Dental exam	One to two times every year
<b>Immunizations:</b> Influenza vaccine	Yearly
Tetanus-diphtheria booster vaccine	Every 10 years
Herpes zoster vaccine (to prevent shingles)	Starting at age 60, one time only. Ask your doctor if it is okay to get it.

## Women Ages 65 and older

Screening tests	When to get the test
<b>General health:</b> Full checkup, including weight and height	Discuss with your doctor or nurse.
Thyroid test (TSH)	Every 5 years
<b>Heart health:</b> Blood pressure test	At least every 2 years
Cholesterol test	Discuss with your doctor or nurse.
<b>Bone health:</b> Bone mineral density test	Get a bone mineral density test at least once. Talk to your doctor or nurse about repeat testing.
<b>Diabetes:</b> Blood glucose test	Every 3 years
<b>Breast health:</b> Mammogram (x-ray of breast)	Every 1–2 years. Discuss with your doctor or nurse.
<b>Reproductive health:</b> Pap test and pelvic exam	Discuss with your doctor or nurse.
Chlamydia test	Get this test if you have new or multiple partners.
Sexually transmitted infection (STI) tests	Both partners should get tested for STIs, including HIV, before initiating sexual intercourse.
<b>Mental health screening</b>	Discuss with your doctor or nurse.
<b>Colorectal health:</b> Fecal occult blood test	Yearly
Flexible sigmoidoscopy (with fecal occult blood test is preferred)	Every 5 years (if not having a colonoscopy)
Double contrast barium enema (DCBE)	Every 5–10 years (if not having a colonoscopy or sigmoidoscopy)
Colonoscopy	Every 10 years
Rectal exam	Every 5–10 years with each screening (sigmoidoscopy, colonoscopy, or DCBE)
<b>Eye and ear health:</b> Complete eye exam	Every 1–2 years
Hearing test	Every 3 years
<b>Skin health:</b> Mole exam	Monthly mole self-exam; by a doctor every year
<b>Oral health:</b> Dental exam	One to two times every year
<b>Immunizations:</b> Influenza vaccine	Yearly
Pneumococcal vaccine	One time only
Tetanus-diphtheria booster vaccine	Every 10 years
Herpes zoster vaccine (to prevent shingles)	Starting at age 60, one time only. Ask your doctor if it is okay to get it.

# Recommended Screenings, Tests, and Immunizations for Women With High Risk Factors in the Family

✓ if it applies	Does your family history include?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	High blood pressure	Blood pressure test
	High cholesterol	Cholesterol test
	Heart disease, premature heart disease, or heart attack	Blood pressure test, cholesterol test, exercise stress test
	Diabetes	Blood glucose test
	Breast cancer	Mammogram, ovarian cancer tests
	Endometrial cancer	Colon screening
	Ovarian cancer	Pelvic exam, ovarian cancer tests, colon screening, clinical breast exam
	Osteoporosis, bone fracture in adulthood	Bone mineral density test
	Thyroid disease or thyroid cancer	Thyroid test and/or genetic counseling
	Gum (periodontal) disease	Oral exam
	Hearing problems, deafness	Hearing test
	Vision problems, eye disease, blindness	Vision exam
	Inflammatory bowel disease; colon polyps; colon, ovarian, or endometrial cancer	Colonoscopy, sigmoidoscopy, double contrast barium enema, rectal exam, fecal occult blood test, Pap test, pelvic exam, ovarian cancer tests
	Cancer, heart disease, or any illness at an unusually young age (50 or younger)	Genetic counseling, possible early screening tests
	Two relatives with the same kind of cancer	Genetic counseling, possible early screening tests
	Birth defects or genetic disorder (you or your partner)	Genetic counseling, possible early screening tests. If you want to become pregnant, genetic counseling for you and your partner.

This chart lists screenings, tests, or exams you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease. Citations for these recommendations can be found online at [www.womenshealth.gov/screeningcharts/highrisk/citations.cfm](http://www.womenshealth.gov/screeningcharts/highrisk/citations.cfm).

# Recommended Screenings, Tests, and Immunizations for Women With High Individual Risk Factors

✓ if it applies	Are you?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	African American	Blood pressure test, cholesterol test, blood glucose test, vision exam, colonoscopy, genetic counseling for sickle cell anemia
	Latina	Blood pressure test, cholesterol test, blood glucose test, colonoscopy
	Alaska Native or Pacific Islander	Blood glucose test, pneumococcal vaccine
	American Indian	Blood glucose test, pneumococcal vaccine
	Ashkenazi Jewish descent	Genetic counseling for Tay-Sachs disease, if you want to become pregnant
	Ashkenazi Jewish descent with family history of breast or ovarian cancer	Genetic counseling for possible BRCA1/2 mutation
	Asian American	Blood glucose test
	Age 65 or older	Bone mineral density test, flu vaccine, pneumococcal vaccine
	Between the ages of 60 and 64, weigh less than 154 lbs, and not taking estrogen	Bone mineral density test
	College age	MMR vaccine, varicella vaccine, human papillomavirus (HPV) vaccine, meningococcal vaccine
	Postmenopausal	Bone mineral density test
	Pregnant	Blood pressure test, blood glucose test, urine test, HIV test, STI tests, MMR vaccine, hepatitis B antigen test
	A nonpregnant woman of child-bearing age	MMR vaccine, varicella vaccine
	A smoker	Blood pressure test, cholesterol test, bone mineral density test, oral exam, vision exam
	Overweight	Blood pressure test, blood glucose test, weight
	Living in prison	Tuberculosis (TB) test, HIV test, STI tests, hepatitis A, B vaccines
	Living in long-term care	TB test, influenza vaccine, pneumococcal vaccine
	A health care worker	TB test, influenza vaccine, pneumococcal vaccine, MMR vaccine, varicella vaccine, HIV test, hepatitis test, hepatitis B vaccine if exposed to blood

# Recommended Screenings, Tests, and Immunizations for Women With High Individual Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	High blood pressure	Blood pressure test, cholesterol test, blood glucose test
	High cholesterol	Blood pressure test, cholesterol test, blood glucose test
	Heart disease	Blood pressure test, cholesterol test, blood glucose test, influenza vaccine, pneumococcal vaccine
	Diabetes	Blood pressure test, cholesterol test, blood glucose test, vision exam, urine test
	Gestational diabetes (diabetes during pregnancy)	Blood glucose test
	A baby weighing more than 9 lbs	Blood glucose test
	Breast cancer	Mammogram, ovarian cancer tests
	Dense breast	Digital mammogram, clinical breast exam
	Cervical, uterine, endometrial, vaginal cancer	Pap test, pelvic exam, ovarian cancer tests, colon screening
	Ovarian cancer	Pelvic exam, ovarian cancer tests, mammogram, colon screening
	Previous abnormal Pap tests	Pap test, pelvic exam, human papillomavirus (HPV) vaccine
	Early menopause (natural or surgically induced); absent or infrequent menstrual periods; advanced age; a personal history of bone fracture in adulthood; lifelong low calcium intake; lifelong inactive lifestyle or little physical activity; low body weight (less than 154 lbs), or a history of an eating disorder such as anorexia nervosa	Bone mineral density test
	An autoimmune disease (including lupus, rheumatoid arthritis, scleroderma, multiple sclerosis, psoriasis)	Thyroid test, TB test, influenza shot, MMR vaccine, pneumococcal vaccine, autoimmune screening test, bone mineral density test

This chart lists screenings, tests, or exams you might need more often or earlier because of having high risk factors or things in your life that increase your chances of developing a condition or disease. Citations for these recommendations can be found online at [www.womenshealth.gov/screeningcharts/highrisk/citations.cfm](http://www.womenshealth.gov/screeningcharts/highrisk/citations.cfm).

# Recommended Screenings, Tests, and Immunizations for Women With High Individual Risk Factors

✓ if it applies	Do you have or have you had?	Then ask your doctor or nurse if you need the following screenings, tests, exams, or vaccines more often or at a younger age:
	Chronic lung disease	Influenza vaccine, pneumococcal vaccine
	Chronic liver disease	Hepatitis A and B vaccines
	Thyroid disease	Thyroid test, influenza vaccine, pneumococcal vaccine, bone mineral density test (if hyperthyroid)
	Gum (periodontal) disease	Oral exam
	Colon polyps; inflammatory bowel disease	Colonoscopy
	Colon cancer	Endometrial cancer screening, colon cancer screening tests
	A developmental delay	Vision exam, hearing test
	Eye injury or disease	Vision exam
	Ear injury or prolonged exposure to loud noise	Hearing test
	HIV/AIDS	Oral exam, vision exam, Pap test, pelvic exam, TB test, thyroid test, STI tests, influenza vaccine, pneumococcal vaccine, hepatitis screening, hepatitis A and B vaccines
	A blood transfusion or solid organ transplant before 1992	Hepatitis C test
	Received clotting factor concentrates made before 1987	Hepatitis C test
	A blood transfusion before 1985	HIV test
	Multiple sex partners (or a partner who has or had multiple sex partners)	STI tests, HIV test, hepatitis B vaccine, Pap test, pelvic exam, human papillomavirus (HPV) vaccine
	Alcoholism	Pneumococcal vaccine, TB test, psychological screening, liver tests
	Injection drug use (IDU) or addiction	Hepatitis A and B vaccines, hepatitis C test, TB test, STI tests, HIV test, psychological screening
	A sexually transmitted infection (STI)	STI tests, HIV test, Pap test, pelvic exam, hepatitis B vaccine, HPV vaccine
	Lived or worked with someone exposed to tuberculosis (TB)	TB test
	A serious injury (cut or laceration)	Tetanus-diphtheria booster vaccine
	A baby recently (within the past few weeks or months)	Postpartum depression screening

# January 2009

Sunday	Monday	Tuesday	Wednesday
4	5	6	7
11	12	13	14
18	19 Martin Luther King Day	20	21
25	26	27	28

## Featured health observance: National Cervical Health Awareness Month

- A new vaccine called Gardasil can prevent cervical cancer, precancerous genital lesions, and genital warts caused by some types of human papillomavirus (HPV). Ask your doctor or nurse about Gardasil!
- Make sure to get a Pap test to screen for cervical cancer every 1 to 3 years. Ask your doctor or nurse how often you need it.
- Ask your doctor or nurse if you should get an HPV test.

Thursday	Friday	Saturday
1 New Year's Day	2	3
8	9	10
15	16	17
22	23	24
29	30	31

### December 2008

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

### February 2009

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

# February 2009

Sunday	Monday	Tuesday	Wednesday
1	2	3	4
8	9	10	11
15	16 Presidents' Day	17	18
22	23	24	25 Ash Wednesday

## Featured health observance: American Heart Month

Know the signs of a heart attack. During a heart attack, women often have one or more of these symptoms:

- pain, pressure, or a feeling of fullness in the center of the chest
- pain or discomfort in other areas of the upper body, including the arms, back, neck, between the shoulders, or jaw
- shortness of breath (trouble breathing)
- breaking out in a cold sweat
- nausea or an upset stomach
- dizziness
- fatigue, sometimes for days or weeks

Thursday	Friday	Saturday
5	6	7
12	13	14 Valentine's Day
19	20	21
26	27	28

### January 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### March 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



## Featured health observance: National Colorectal Cancer Awareness Month

Cancer of the colon or rectum is often called colorectal cancer. The colon and rectum are part of the large intestine, which is part of the digestive system.

- Your risk of getting colorectal cancer may increase if you aren't physically active, especially if your diet is high in fat. Another great reason to get moving!
- If you are 50 years of age or older, get a colonoscopy every 10 years.
- Ask your doctor or nurse if you should get screened for this cancer more often, at a younger age, or with a different test.

Thursday	Friday	Saturday
5	6	7
12	13	14
19	20 Spring begins	21
26	27	28

### February 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

### April 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# April 2009

Sunday	Monday	Tuesday	Wednesday
			1
5 Palm Sunday	6	7	8 Passover begins
12 Easter Sunday	13	14	15 Tax Day
19	20	21	22 Earth Day
26	27	28	29

## Featured health observance: Sexual Assault Awareness Month

It is important to know how to get help for you or someone you love.

- Find a safe environment, anywhere away from your attacker. Then call 911 or the police.
- Talk with a counselor at the National Sexual Assault Hotline at 800-656-HOPE (4673).

Thursday	Friday	Saturday
2	3	4
9	10	11
16	17	18
23	24	25
30		

### March 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### May 2009

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# May 2009

Sunday	Monday	Tuesday	Wednesday
3	4	5 <i>Cinco de Mayo</i>	6
<b>Celebrate National Women's Health Week (May 10–16).</b>			
10 <i>Mother's Day</i>	11	12	13
17	18	19	20
24			
31	25 <i>Memorial Day</i>	26	27

## Featured health observance: National Osteoporosis Awareness and Prevention Month

Osteoporosis makes your bones weak and more likely to break.

- If you are 65 years old or older, get a bone density test.
- Get a bone density test before age 65 if you are between the ages of 60 and 64, weigh less than 154 pounds, and don't take estrogen.
- Help keep your bones strong by eating foods rich in calcium and vitamin D, engaging in weight-bearing physical activity, and quitting smoking.

Thursday	Friday	Saturday
	1	2
7	8	9
<b>Get a checkup!</b>		
14	15	16
21	22	23
28	29	30

### April 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

### June 2009

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# June 2009

Sunday	Monday	Tuesday	Wednesday
	1	2	3
7	8	9	10
14	15	16	17
21 Father's Day/ Summer begins	22	23	24
28	29	30	

## Featured health observance: Home Safety Month

You can take some simple steps to create a safer home environment. The most common causes of accidents in the home are falls, fires and burns, and poisonings.

- Post the National Capital Poison Center number next to every phone in your home. You can call them at 800-222-1222.
- Make a first aid kit. Store it where family members can get to it.
- Make sure everyone in your home knows to “Stop, Drop, and Roll” if their clothes catch fire.
- Prepare a basic disaster supplies kit that is easy to carry in case you have to leave your home.

Thursday	Friday	Saturday
4	5	6
11	12	13
18	19	20
25	26	27

### May 2009

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### July 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# July 2009

Sunday	Monday	Tuesday	Wednesday
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

## Featured health observance: UV (Ultraviolet) Safety Month

- Avoid sun exposure between 10AM and 4PM, when the sun's rays are the most damaging.
- Be sure to use a sunscreen that is at least SPF 15 and that blocks both UVA and UVB rays (broad-spectrum).
- Wear sunglasses to protect your eyes from harmful UV rays.

Thursday	Friday	Saturday
2	3	4 Independence Day
9	10	11
16	17	18
23	24	25
30	31	

### June 2009

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

### August 2009

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

# August 2009

Sunday	Monday	Tuesday	Wednesday
2	3	4	5
9	10	11	12
16	17	18	19
23	24		
30	31	25	26

## Featured health observance: World Breastfeeding Week (August 1–7)

- Are you a breastfeeding mom with questions? Call the breastfeeding helpline at 800-994-9662 or TDD 888-220-5446.
- Are you looking for more help with breastfeeding? Consider calling a lactation consultant. They are specialized health

care professionals dedicated to helping you with all aspects of breastfeeding your baby. To find a certified lactation consultant in your area, visit [www.ilca.org/falc.html](http://www.ilca.org/falc.html).

Thursday	Friday	Saturday
		1
6	7	8
13	14	15
20	21	22 Ramadan begins
27	28	29

### July 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

### September 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# September 2009

Sunday	Monday	Tuesday	Wednesday
		1	2
6	7 Labor Day	8	9
13	14	15	16
20	21	22 Autumn begins	23
27	28 Yom Kippur	29	30

## Featured health observance: National Cholesterol Education Month

Cholesterol is a waxy, fat-like substance found in all cells of the body. Your body makes all the cholesterol it needs. Too much cholesterol in the blood, or high blood cholesterol, can raise your risk of heart disease.

- All women age 20 and older should have their cholesterol checked at least once every 5 years.
- If family members have high cholesterol (above 200), ask your doctor or nurse if you should get your cholesterol checked at a younger age or more often.
- If your cholesterol is high, find out what lifestyle changes you can make to lower your risk of heart disease.

Thursday	Friday	Saturday
3	4	5
10	11 Patriot Day	12
17	18	19 Rosh Hashana
24	25	26

### August 2009

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

### October 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

# October 2009

Sunday	Monday	Tuesday	Wednesday
4	5	6	7
11	12 Columbus Day	13	14
18	19	20	21
25	26	27	28

## Featured health observance: Domestic Violence Awareness Month

- If you are being abused, or have been in the past, get help.
- Call a crisis hotline or the National Domestic Violence Hotline at 800-799-

SAFE (7233) or TDD 800-787-3224. This hotline is available 24 hours a day, 365 days a year, in English, Spanish, and other languages.

Thursday	Friday	Saturday
1	2	3
8	9	10
15	16	17
22	23	24
29	30	31 Halloween

### September 2009

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### November 2009

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

# November 2009

Sunday	Monday	Tuesday	Wednesday
1 Daylight Saving Time ends	2	3	4
8	9	10	11 Veterans Day
15	16	17	18
22	23	24	25
29	30		

## Featured health observance: Lung Cancer Awareness Month

You can help lower your risk of lung cancer, the leading cause of cancer deaths among women.

- If you smoke, quit today.
- If you are a non-smoker, learn how to protect yourself and your family from secondhand smoke.
- Test your home for radon, a cancer-causing gas that can get into the air you breathe. You can't see it, smell it, or taste it!
- If you are exposed to dust and fumes where you work, ask your employer how you can be protected.

Thursday	Friday	Saturday
5	6	7
12	13	14
19	20	21
26 Thanksgiving Day	27	28

### October 2009

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### December 2009

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# December 2009

## Featured health observance: World AIDS Day (December 1)

The best way to protect your body is to know the “ABCs” of sexually transmitted infections (STIs). If you choose not to follow A, B, or C, you could get an STI, including HIV, the virus that causes AIDS.

Sunday	Monday	Tuesday	Wednesday
		1 World AIDS Day	2
6	7	8	9
13	14	15	16
20	21 Winter begins	22	23
27	28	29	30

**A** = Abstinence. Not having sex of any kind (vaginal, anal, or oral sex) is the only 100% effective way to avoid getting STIs.

**B** = Be faithful. Being in a sexual relationship with only one partner who is free of an STI and who is also faithful to you limits the chance of infections.

**C** = Condoms. If you don't follow A or B, use a latex condom. Latex condoms have been proven to reduce the risk of HIV and other STIs, if used correctly and consistently every time you have sex.

Thursday	Friday	Saturday
3	4	5
10	11	12 Hanukkah begins
17	18	19
24	25 Christmas	26 Kwanzaa
31 New Year's Eve		

**November 2009**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**January 2010**

S	M	T	W	T	F	S
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# 2010 Calendar

## January 2010

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## February 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## March 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## April 2010

S	M	T	W	T	F	S
		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## May 2010

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## June 2010

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## July 2010

S	M	T	W	T	F	S
		1	2	3		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## August 2010

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## September 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## October 2010

S	M	T	W	T	F	S
		1	2			
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## November 2010

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## December 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# *I Know...*

...what **muscles** I use when I hula-hoop.

...**working out** with friends motivates me.

...what my target **heart rate** is.

...exercise can improve my **self-esteem**.

# ...how to be **fit!**

*I Know because of...*

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Office on Women's Health



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Foreword by  
CNN's Jill Dougherty  
FEATURED INTERNATIONAL JOURNALIST

# The Healthy Woman



## A Complete Guide for All Ages

*Easy to understand information from the  
nation's leaders in women's health*



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