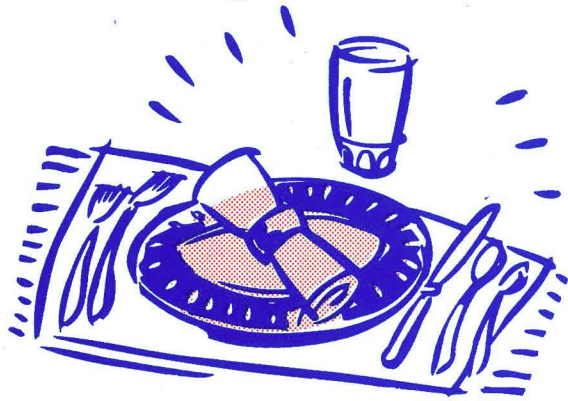


Know Your Numbers

- ☐ High blood pressure is 140/90 mm Hg or greater.
- ☐ Desirable blood cholesterol is below 200 mg/dL.
- ☐ Watch your weight.
- ☐ Blood glucose of 110 to 126 mg/dL indicates high risk for diabetes.



Lower Your Risk for Osteoporosis

- ☐ Eat calcium-rich foods — milk, cheese, yogurt and calcium-enriched foods.
- ☐ Consider taking a calcium supplement.
- ☐ Do weight-bearing exercises like walking.
- ☐ If postmenopausal, consider hormone replacement therapy or other drugs to slow bone loss.

Other Health Tips

- ☐ Brush and floss teeth daily.
- ☐ Have regular dental, medical and eye exams.
- ☐ Wear a seat belt.
- ☐ Don't smoke.
- ☐ Use both prescribed and over-the-counter medications as directed.
- ☐ Protect against sexually transmitted diseases.
- ☐ Know what your health insurance covers.
- ☐ Keep vaccinations up to date.
- ☐ Get adequate rest.
- ☐ Get regular health screenings.
- ☐ Establish a partnership with your health care provider.
- ☐ Avoid repetitive motions and postures that promote carpal tunnel syndrome and back problems.

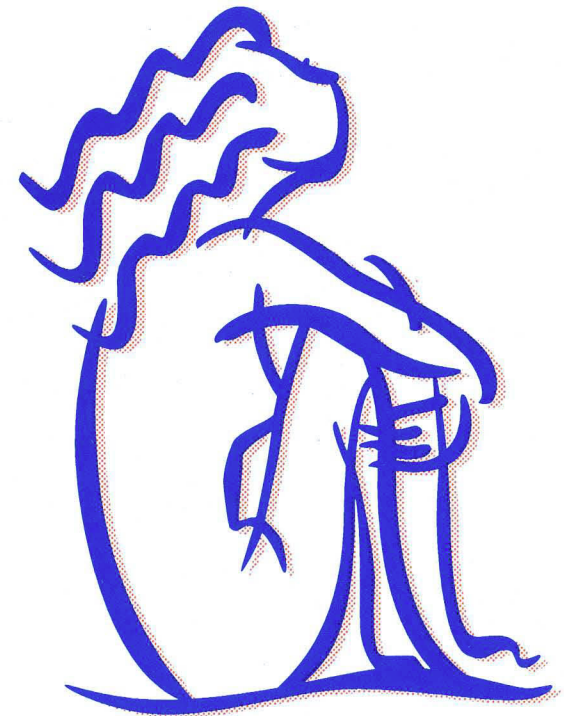
For more information on women's wellness and health, contact

Visit the UT Health and Safety Web site at
<http://fcs.tennessee.edu/healthsafety/index.htm>

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

For Women Only

Self-Care Health Tips



a wellness publication
written by
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You can protect your health by learning self-care skills and making lifestyle changes.
(✓) Check the health actions you plan to try.

Balance Your Life

- ☐ Know the stressors in your life.
- ☐ Have realistic expectations.
- ☐ Learn to say "no."
- ☐ Think positively.
- ☐ Share household responsibilities with family members.
- ☐ Make time for yourself.

Watch Your Weight

- ☐ Eat less of high-fat foods.
- ☐ Limit calorie-rich foods.
- ☐ Watch portion size.
- ☐ Don't skip meals.
- ☐ Eat the pyramid way.
(Visit mypyramid.gov)
- ☐ Avoid crash diets
- ☐ If losing weight, aim for ½ to 1 pound per week.

Cancer Prevention

- ☐ Do monthly self-exams of breasts and skin.
- ☐ Have a mammogram.
- ☐ Have a regular medical checkup, including a Pap smear, pelvic, rectal and breast exams.
- ☐ Use sunscreen with SPF 15 or greater and wear a hat in the sun.
- ☐ Avoid sun lamps.



Deal With PMS

- ☐ Exercise daily.
- ☐ Resist food cravings.
- ☐ Cut down on caffeinated drinks, salty foods and sugar.
- ☐ Eat fruits, vegetables, breads, pasta and rice.



Get Plenty of Exercise

- ☐ Develop your daily exercise plan.
- ☐ Build up to 30 minutes of exercise five or more days a week.
- ☐ Pick activities you enjoy.
- ☐ Do stretching, aerobic and strength-building exercises.