SP526-G-For Women Only - Self-Care Health Tips

The University of Tennessee Agricultural Extension Service

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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 Women Only
Self-Care Health Tips

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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THE UNIVERSITY OF TENNESSEE
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.