



5 Facts About Women's Health

To practice prevention, consider these five health facts as a reminder to schedule your wellness checkup:

- 1. Heart disease**—Almost two-thirds of women who die suddenly from coronary artery disease don't exhibit symptoms. The lesson? Ask your doctor to assess your heart health.
- 2. Breast cancer**—Mammograms are the best way to detect breast cancer. Talk to your doctor about the screening measures to protect yourself.
- 3. Osteoporosis**—Among Americans with osteoporosis, more than 80% are women. As a way to counter bone loss, include resistance exercises or yoga into your routine.
- 4. Autoimmune diseases**—More than 100 autoimmune disorders affect one in five people. Whether it's type 1 diabetes, celiac disease, or rheumatoid arthritis, 75% of those with an autoimmune condition are women.
- 5. Depression and anxiety**—One in eight women experience depression in their lifetime. If you or someone you know needs help, never hesitate to seek or suggest a healthcare professional.

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