



5 Facts About Women's Health

Consider these five facts as a reminder to schedule your wellness checkup:

1. **64% of women who die from heart disease don't exhibit symptoms.**
2. **Mammograms are the best way to detect breast cancer.**
3. **Among Americans with osteoporosis, more than 80% are women.**
4. **One in eight women experience depression in their lifetime.**
5. **Of those affected by an autoimmune disease, 75% are women.**

Want to learn more?

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