

HEALTH TIP

OCTOBER

WOMEN'S HEALTH

2016



Women's Health Month

Do you want to live a long and healthy life? We've compiled a list of the main health issues women should be aware of and included advice on how to prevent them. Do what's right for your body and it will reward you for it.



What are the main health concerns for women?

Heart disease and stroke: These were the two leading causes of death for Australian women in 2008. To prevent this onset - stop smoking, eat clean and healthy, get moving (exercise keeps the heart strong and the body in good nick), visit the doctor (cholesterol and blood pressure tests will help you identify any potential problems early) and watch your alcohol intake.

Cancer: We all hear about how deadly cancer can be, but what can you do to prevent it? In addition to exercising and eating healthily, the best thing you can do to fight cancer is check regularly for it - check your breasts, get tested (whether it's a colonoscopy for your bowels, a mammogram for your breasts, or a pap smear/STD test), and protect your skin.

Depression: Depression is far more common than people think, and there is an ever-increasing amount of support available if you need it. Seek help early, and keep open relationships for a strong support network.

Dementia and Alzheimer's: Unfortunately there is no prevention or cure for dementia, so the most important thing is to identify its onset. It's not just an issue for the elderly - 'early onset dementia' can affect people under the age of 65. Identify it (talk to your doctor if you notice any symptoms), get your vitamins (especially vitamin D), and keep your brain active.



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