

Celebrate National Women's Health Week, May 9-15, 2010

Coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, National Women's Health Week encourages women to make their health a top priority. To improve physical and mental health and lower the risk of certain diseases, women should:

- Get at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eat a nutritious diet
- Visit a health care professional to receive regular check-ups and preventive screenings
- Avoid risky behaviors such as smoking and not wearing a seatbelt
- Pay attention to mental health, including getting enough sleep and managing stress

Prevention is Key to Living Long and Living Well

Take time to review these guidelines for screening tests. While your doctor may recommend a different schedule based on your personal health profile, you can use this chart as a reminder and to keep track of the tests you've taken. Stay current on your screening tests and stay protected!

TEST	FREQUENCY	DATE OF LAST EXAM
Blood Pressure Measurement	Every one to two years	
Breast Exams	Annual exam by a physician after age 40	
Mammography	Every one to two years after age 40	
Cholesterol Levels	Every five years after age 18	
Pelvic Exams/Pap Smears	Every one to three years after age 18, or when sexually active	
Rectal Exams	Annually after age 50; earlier if you have inflammatory bowel disease or a first-degree relative with colon cancer	
Blood Sugar Levels	Varies depending on family history	
Skin Exams	Annual mole checks; check yourself periodically for suspicious growths or changes	

Source: EBSCO Library

Did You Know?

Dr. Mario A. Mancini will present a **free** integrative medicine in-service on your most important job: taking care of yourself and your family. Discover how eating, exercising, and positive energy can make all the difference for you and your loved ones.

Date and Time: Friday, June 11, 2010, 12 to 1 pm

Location: Sharp Memorial Outpatient Pavilion
Classrooms A & B
3075 Health Center Dr.
San Diego, CA 92123

No registration required. For more information, please call 1-800-82-SHARP