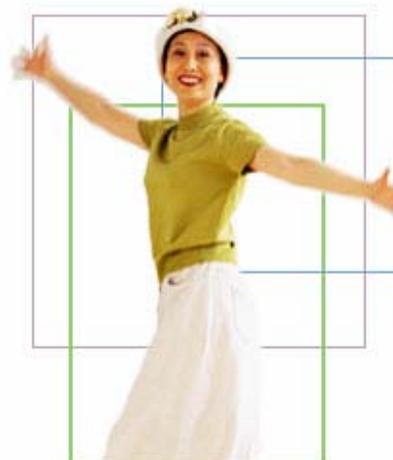


Tips for a Healthy Lifestyle for Women

Preventing Chronic Diseases

- Diet and lifestyle can significantly impact the incidence of heart disease and breast cancer.
- Improving modifiable risk factors such as smoking, high cholesterol, high blood pressure, physical inactivity, obesity and overweight can have a significant effect on the incidence of heart disease and cancer.
- Also, reducing smoking improves long-term outlook.
- Eating a diet high in fruits and vegetables, fiber, lean meats and calcium containing dairy products can improve life expectancy in women and reduce chronic disease incidence.



To reduce the risk of developing breast cancer :

- Ask your doctor about taking aspirin
- Discuss long-term hormone therapy with your doctor
- Avoid exposure to pesticides
- Avoid unnecessary antibiotic use
- Eat plenty of fruits and vegetables
- Maintain a healthy weight
- Stay physically active
- Eat foods high in fiber
- Limit alcohol intake
- Limit fat in your diet
- Utilize olive oil

To prevent chronic diseases:

Eat a healthy diet
 Be physically active
 Stay at a healthy weight
 Drink alcohol only in moderation
 Manage stress
 Be smoke-free
 Plan ahead for pregnancy

Screening Tests

What you need and when you need them

Mammograms	After 40, every 1-2 yrs
Pap Smears	Every 1-3 yrs if you are sexually active or ≥ 21
Cholesterol	Beginning at 45, have it checked regularly
Blood Pressure	Every 2 years
Colorectal Cancer Tests	Starting at age 50.
Diabetes Tests	If you have high blood pressure or cholesterol
Depression	If you have symptoms for 2 wks straight
Osteoporosis	At the age of 65
STD Tests	≤ 25 & sexually active

Division of Education
 Pennington Biomedical Research Center
www.pbrc.edu