

## According to the Centers for Disease Control and Prevention:



Heart disease, cancer, and chronic lower respiratory diseases are the top 3 causes of death in women.



1 in 4 women die of heart disease.



Less than half of all women meet the federal physical activity guidelines.



41% of adult women are considered obese.

## Immunization Recommendations

- Get seasonal flu vaccine every year.
- Every adult should have the Tdap (tetanus, diphtheria and pertussis) vaccine once if not received as an adolescent and then a Td booster shot every 10 years.
- Shingles vaccine is recommended for healthy adults over 50 years old.
- Pneumococcal vaccines can protect against meningitis and pneumonia and is suggested for adults 65 years or older and earlier for those with certain health conditions.
- Discuss with your healthcare provider if you are up to date with your immunizations.

Innovative Workplace Wellness coaches can help you make positive and lasting behavior changes to support your preventative health. Together with your coach, you will work on a personalized program that will help you identify contributing factors that prevent you from living your healthiest and happiest life. Our experienced, certified coaches will support you every step of the way.

## Getting started is easy!

Contact Innovative Workplace Wellness at [wellness@ibpllc.com](mailto:wellness@ibpllc.com) or 888-427-7383 and we will have a coach contact you!

## Coaching is 100% confidential.

Anything discussed in your sessions will never be shared with your employer.



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Resources: The National Coalition Against Domestic Violence, Women's Preventive Services Initiative, American Diabetes Association, American Heart Association, Centers for Disease Control and Prevention, U.S. Preventative Services Task Force (USPSTF).

Please note that this informational brochure is educational and is not intended for diagnosis and/or treatment. Discuss any symptoms you have with a physician.



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## Women's Health



Women's health is unique compared to men and each stage of life should be met with regular checkups and screenings to promote both physical and overall health.

Below are 10 age-based screenings for women recommended by the U.S. Preventative Services Task Force, unless otherwise indicated. Women should also have their cholesterol, blood pressure, and sugar levels screened regularly.

**1. Abdominal Aortic Aneurysm**

If you have ever smoked (100 or greater lifetime cigarettes), this is recommended as a one-time screening by ultrasound in women ages 65-75.

**2. BRCS-related Cancer Risk Assessment/Screening**

Women with a personal or family history of breast, ovarian, tubal, or peritoneal cancer or who have an ancestry associated with breast cancer susceptibility 1 and 2 (BRCA1/2) gene mutations should be screened.

**3. Breast Cancer**

The American Cancer Society recommends all women to have yearly mammograms starting at age 45 and then every other year beginning at age 55.

**4. Cervical Cancer**

Women ages 21-65 should be screened with a Pap Smear and HPV testing every 3-5 years.

**5. Chlamydia/Gonorrhea**

Women 24 years and younger who are sexually active should be tested and those 25 and older who are at increased risk.

**6. Colon Cancer**

Regular screenings should occur from 50-75 years old. Talk to your doctor about the different methods in which this can be done.

**7. Hepatitis B & C Virus**

- Hepatitis C is recommended as a one-time screening if born between 1945 and 1965.
- Both are recommended if you participate in high risk behaviors like unprotected sex or IV drug use.

**8. HIV/Syphilis**

Women between 15 and 65 years old should be screened and tested earlier if engaging in high risk behaviors.

**9. Lung Cancer**

A low-dose CT scan done yearly for those ages 55-80 who have a 30-pack year history and currently smoke or quit within the last 15 years.

**10. Osteoporosis**

- Women 65 years and older should be screened with bone measurement testing.
- Women who are postmenopausal and younger than 65 should also be screened if they are at risk.

**Healthy Tips for Women to Live By**

- See your primary care provider and gynecologist yearly for preventative screenings.
- Consider genetic testing if you have a family history of breast and ovarian cancers.
- Regularly check your skin for any changes in mole size or color, rough or scaly patches, or sores that aren't healing.
- Add muscle-strengthening activities to your exercise routine to help prevent osteoporosis, boost your metabolism, and promote good self-image.
- Quit smoking to lower your risks of cancer and heart disease. This includes e-cigarettes and vaping. Call 1-800-QUIT-NOW (800-784-8669).
- Maintain your weight by eating well and increasing physical activity. This helps to avoid general inflammation, hormone imbalance, and chronic health conditions.
- Understand that depression and anxiety can co-exist and help is available.
- Understand that domestic violence is defined as abuse or aggression that occurs in a close relationship. Call the National Domestic Violence Hotline at 1-800-799-7233.
- Recognize postpartum depression which occurs in 1 in 5 women. Symptoms include sadness, tiredness, and long lasting worry.

