



## **Health is a balance of physical, social, emotional and spiritual well-being**

As a woman, you have a special role in life, your family and your community. People often rely on you as the guide, healer and caretaker. Balancing your own health needs involves eating nutritious foods, avoiding tobacco and exercising regularly. You can also look after yourself with regular attention from a health care professional.

### **All Women**

Consider going to a health care professional once a year for a medical check-up that includes:

- Blood pressure check
- Standard blood work (for example: monitor diabetes)
- Height and weight check
- Nutrition review – getting enough calcium and vitamins, healthy eating habits
- Breast exam
- Pelvic exam and Pap test (Pap tests check for changes in the cervix that can become cancer. The BC Cancer Agency's Cervical Cancer Screening Program has reduced the number of women who get cancer of the cervix.)
- Safe sex practices and birth control, if needed

### **Women ages 40 to 79**

As we age, we sometimes face health issues, for example heart disease or cancer. Ask your health care professional about:

- Heart function
- Osteoporosis (weak bones)
- Regular checks for colon cancer
- Breast cancer screening (you can book a screening mammogram without a doctor's referral through the BC Cancer Agency's Screening Mammography Program – call 1.800.663.9203)

Your mental health is also important, so talk with your health care professional about how you are doing emotionally.

### **BC Cancer Agency's Screening Programs**

BC Cancer Agency offers two screening programs for finding the early signs of cancer – cervical cancer screening (Pap tests) and screening mammography (breast x-ray). You can talk to your health care professional about Pap tests. For screening mammography, women between the ages of 40 to 79 can book directly by calling: 1.800.663.9203.