

Knowledge is **POWER**...

HEALTH GUIDELINES

PHYSICAL EXAMS

Every year, or as directed by your doctor.

BLOOD PRESSURE

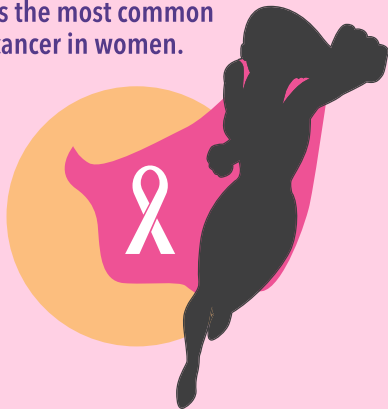
Every two years.

COLON CANCER SCREENING

Beginning at age 50.

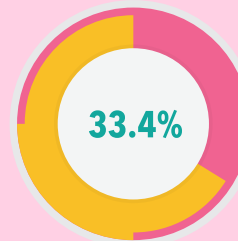
BREAST CANCER

is the most common cancer in women.

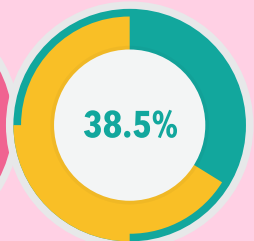


HEART DISEASE

is the leading cause of death in women.



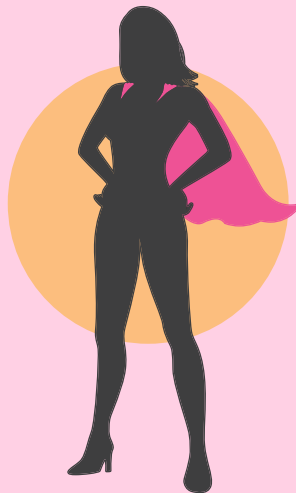
of women ages 20 and over with hypertension.



of women ages 20 and over who are obese.

OVERALL HEALTH

- EAT A HEALTHY DIET
- GET REGULAR EXERCISE
- DON'T USE TOBACCO PRODUCTS
- LIMIT ALCOHOL USE
- STRIVE FOR A HEALTHY WEIGHT



MAMMOGRAM

Every two years starting at age 50. At age 40, start discussing breast cancer screenings with your doctor.



Check out the Live Healthy section of www.SouthCarolinaBlues.com.



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