



Women's Health Month

May is Women's Health Month, and we challenge you to empower yourself this month by taking charge of your well-being! Your health is your greatest asset, and this month is an opportunity to prioritize self-care and proactive health choices.

- Visit your **primary care physician** regularly.
- Schedule **mammograms** regularly. Mammograms are recommended yearly starting at age 40, or earlier if recommended by your physician or if you have a family history of breast cancer.
- Don't forget about **breast self-exams**! The National Breast Cancer Foundation states that 40% of diagnosed breast cancer cases are found by detecting a lump on a breast self-exam.
- Obtain regular **cervical cancer screenings** as directed by your physician (most women are recommended to start regular screenings at age 21). Depending on results, cervical cancer screening is recommended every 3–5 years.
- Don't neglect your **mental health**. Prioritize self-care, and seek help when needed.
- Embrace a **balanced diet** and **regular movement**.

Celebrate the strength and resilience that defines womanhood. Join the movement toward total well-being and discover the power you hold to shape a healthier, happier future.

Your health matters—make it a priority!

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