

Staying Healthy One Pager

Link available on www.obgyn.com

Diet/Nutrition:

-fruits, vegetables, whole grains, and fat-free or low-fat milk ,milk products, lean meats, poultry, fish, beans, eggs, and nuts should make up most of your diet.

-the amount of saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars in your diet should be low.

For more information, also visit- <http://health.gov/dietaryguidelines/>.

<http://www.choosemyplate.gov/>

-Mediterranean Diet: http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Mediterranean-Diet_UCM_306004_Article.jsp

Exercise:

-try to do some form of exercise 5-6 times a week, 25-30 minutes each time such as taking the stairs and walking more

-keep a balance between aerobic activity (activity that speeds up your heart and breathing while moving your body) and strengthening activity (activity that works to strengthen a specific major muscle group.)

For more information, visit- www.win.niddk.nih.gov/publications/tips.htm

Supplements:

-generally are not required if you consume a healthy, well balanced diet

-generally you should try to consume 1,000-1,200 mg of calcium and 600-800 IU of vitamin D daily; depending on your age

For more information, visit- <https://nccih.nih.gov/health/vitamins>

Vaccines:

-get a Tetanus/Diphtheria booster every 10 years; tetanus/diphtheria/pertussis with each pregnancy

-influenza vaccine yearly, pneumococcal and or varicella zoster vaccine if age appropriate

For more information, visit- <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>

Pelvic floor health:

-Kegel exercises, visit- <http://www.mayoclinic.com/health/kegel-exercises/WO00119>

Cancer screening guidelines:

-American Cancer Society recommendations, visit-

<http://www.cancer.org/healthy/findcancerearly/cancerscreeningguidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer>

General:

-use seat belts, wear a bicycle helmet, avoid exposure to UV light, moderate alcohol consumption, limit stress, get a good night of sleep, practice safe sex

For more information, visit- <https://www.womenshealth.gov/nwhw/by-age/>

Assess your risk for heart disease- Visit, [http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7 UCM 471453 Article.jsp#.W19o3i2ZNAb](http://www.heart.org/HEARTORG/Conditions/My-Life-Check---Lifes-Simple-7_UCM_471453_Article.jsp#.W19o3i2ZNAb)

Assess your risk for breast cancer- Visit, <https://www.cancer.gov/bcrisktool/Default.aspx>

Assess your risk for depression- Visit, <https://depression.org.nz/is-it-depression-anxiety/self-test/>

Signs that you may be having a stroke:

1. Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
2. Sudden confusion, trouble speaking or understanding
3. Sudden trouble seeing or blurred vision in one or both eyes
4. Sudden trouble walking, dizziness, loss of balance or coordination
5. Sudden severe headache with no known cause

Symptoms of a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath, with or without chest discomfort.
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, the most common heart attack symptom in women is chest pain or discomfort. But it's important to note that women are more likely to experience the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

What to do

If you experience any of these signs or symptoms:

- Do not wait to call for help. Dial 9-1-1, make sure to follow the operator's instructions and get to a hospital right away.
- Do not drive yourself or have someone drive you to the hospital unless you have no other choice.
- Try to stay as calm as possible and take deep, slow breaths while you wait for the emergency responders.

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