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May 2020 Health Tips

May is Women's Health Month. Dr. Christy Clayton, a retired OB/GYN says, "Ladies take care of everybody, but not themselves. The time is now! Let us start taking care of ourselves. This month serves as a reminder that we as women should make health a priority and build positive health habits for life."



Christy Clayton, MD, FACOG and Board President of Community Health Coalition

Heart Disease

Do you know what the #1 killer of women is? It is not Breast Cancer; it is Heart Disease.

- A. Heart Disease accounts for over 27% of female deaths.
- B. Heart Attack symptoms are different for women
- C. Here are some symptoms:
 - Shortness of breath
 - Breaking out into a cold sweat
 - Pain radiating the to the jaw. neck, and upper arm
 - Chest pain

How Can We Decrease Our Risks of Heart Disease?

1. Stop smoking cigarettes and vaping!





2. Eat a heart healthy diet

3. Be physically active MOVE



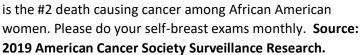
4. Learn CPR-it can double or triple someone's survival.

Cancer

Lung Cancer is the #1 death causing cancer among African



American women and Breast Cancer



After your menstrual cycle (if applicable) is the best time. Picture breast exam. Please have your yearly mammogram if you are over 40.

Stroke

Is the leading cause of long-term disability illness in the US. More women have strokes than men and more women die from strokes. Symptoms of a stroke are face drooping, arm pain radiating down to fingers and slurred speech. Call 911 immediately!



ABC's Toward Good Health and Prevention of COVID 19

Allow space between people so not to spread disease. Always wash your hands and practice social distancing. Be positive. Be Informed about constant changes and updates with local, state and national guidelines. Connect virtually to your community, faith, family, friends, work and healthcare provider.

FOR MORE INFORMATION, CLICK ON LINKS BELOW OR GO TO

- COVID 19 Virus, go to: https://www.ncdhhs.gov/
 North Carolina COVID-19 Hotline: 886-467-3821. For non-emergency COVID-19 questions: Call or text "COVIDNC" to 898211 Duke Health COVID-19 Hotline: 919-385-0429, option 2 (8:00 am-8:00pm, seven days a week)
- AMERICAN HEALTH ASSOCIATION WWW.HEART.ORG 1-800-242-8721
- AMERICAN CANCER SOCIETY WWW.CANCER.ORG 919-334-5218

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