

WOMEN'S HEALTH

BY THE NUMBERS

The average American woman is **expected to live 81.2 years**. Eating right, managing stress appropriately, and exercising on a daily basis can add to your years!

While sleep requirements vary from person to person, it is recommended women get **between 7 and 9 hours of sleep** to retain focus, have energy, and allow the body to rest.

Eliminating stress is important for women. Stress can cause a decreased sex drive, constipation, changes in menstrual cycle, hair loss, and weight gain.

To maintain good heart health, the American Heart Association recommends women have a **waist measurement of 35 inches** or less.

Heart disease (22.4%) and cancer (21.5%) are the two **leading causes of death** for American women.

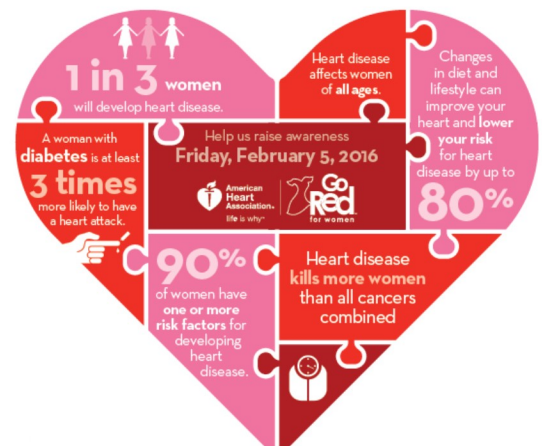
The U.S. Centers for Disease Control estimate there will be **over 250,000 new cases of breast cancer** among women diagnosed this year.

Ask us about our partnership with the Alabama Breast and Cervical Cancer Early Detection Program. You may be eligible for **FREE** exams!



WOMEN & HEART DISEASE

Cardiovascular disease is the **#1 cause of death** among women in the United States.



For more information about women's health care or to find out we can help you maintain your feminine health, talk to your provider during your next appointment or log onto www.RHMPI.com today!