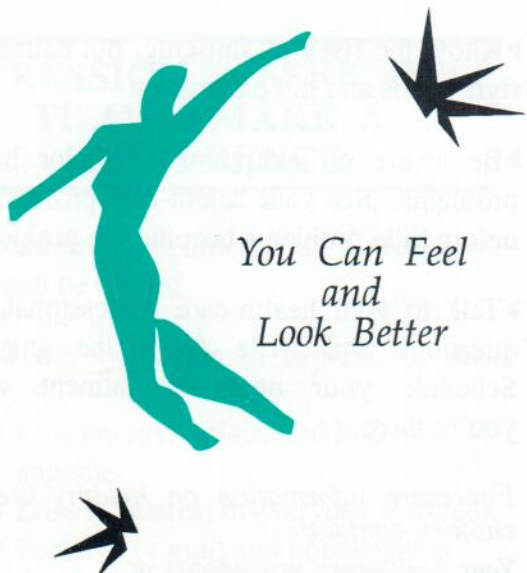


Take Charge of Your Health!



*You Can Feel
and
Look Better*

State of Maryland
Commission on Women's Health

Parris N. Glendening
Governor

TAKE STEPS TO REDUCE YOUR RISK

► Make healthy lifestyle choices:

- Eat a balanced diet
- Exercise regularly
- Avoid drug and alcohol abuse

► Know the risks of smoking, not eating the right foods and not exercising.

► Be aware of symptoms of major health problems. See your health-care professional before little problems become big problems.

► Talk to your health-care professional, ask questions and write down the answers. Schedule your next appointment while you're there.

For more information on healthy lifestyle choices, contact:

**Your health-care professional or
A Women's Health Resource Center**
(through local hospitals)

MAINTAIN A BALANCE

► Eat a variety of foods:

- Eat foods that are rich in calcium such as skim milk, greens and yogurt.
- Choose foods that are high in fiber, such as whole-grain bread, pasta, rice and cereal.

- Make sure you get five servings of fruit and vegetables each day -- fresh are best!

► Make low-fat choices. Instead of chips, have air-popped popcorn . . . jams instead of butter . . . broiled lean meats make better choices than fried foods.

► Remember, even fat-free foods have calories. Keep your portions sensible.

For information on nutrition, contact:

American Heart Association	1-800-242-8721
American Diabetes Association	1-800-232-3662

GET FIT FOR LIFE

► Be kind to your heart by using it. Take the stairs instead of the elevator. Take a walk instead of driving.

► Exercise just 20 minutes, 3 times a week to reduce your risk of heart disease, stroke, diabetes and osteoporosis.

► Make exercise fun by doing something you enjoy. Dancing, riding your bike or swimming are some fun ways to lower your risk of illness in later years.

► Regular exercise, beginning in your teen-age years, may reduce your risk of breast cancer.

For information on exercise and fitness, contact:

American Heart Association	1-800-242-8721
National Osteoporosis Foundation	1-202-223-2226

ACT NOW -- TAKE CHARGE -- KICK THE HABIT

▶Thinking about quitting smoking? Set a quit date and go for it!

▶Join a "stop-smoking" program; ask a friend to help you out; or organize a "stop-smoking" group at work.

▶If you are pregnant, tell your health-care professional so that he/she can help you quit smoking.

▶If you don't smoke now, **don't start!**

For information on "stop-smoking" programs or on other ways to quit, contact:

American Cancer Society 1-800-ACS-2345
American Lung Association 1-202-LUNG-USA
Your local health department

GET REGULAR CHECK-UPS AND SCREENINGS

▶Go to your health-care professional once a year for check-ups and screenings. Make sure you ask about:

- Cholesterol Testing
- Mammograms
- PAP Smears
- Blood Pressure Readings

*For information on health screenings,
contact:*

Your health-care professional
Your local health department
Your local hospital

Cancer Referral Service 1-800-477-9774
(for PAP Smears and Mammograms)

DEPRESSION -- SEEK HELP IT CAN MAKE A DIFFERENCE

► Depression is an illness, not a weakness,
and it can be treated.

► Know the symptoms of depression, such
as:

- Low energy, fatigue and loss of
appetite
- Loss of interest in everyday activities
- Feelings of guilt and hopelessness
- Sleep disturbances

► Help is available in your community from
mental-health professionals.

*For information on mental-health issues,
contact:*

First Call for Help 1-800-492-0618
(Statewide Information and Referral)

Maryland Youth Crisis Hotline 1-800-422-0009

**National Institute
of Mental Health 1-301-443-4513**

Health Facts

Your health is affected by:

Your lifestyle - 51% Environment - 19%
Genetics - 20% Medical Care - 10%

Lung Cancer - In Maryland, more women are now dying of lung cancer than are dying of breast cancer. Between 1980 and 1991, death rates for lung cancer increased over 40% for women, and death rates for other lung diseases increased over 70% for women.

Smoking is the cause of 90% of lung cancer deaths. You can greatly reduce your risk of lung cancer by quitting smoking.

Heart Disease and Stroke - One in nine women between the ages of 45 and 64 has some form of heart disease.

You can lower your chances of having heart disease by leading a more active lifestyle, by not smoking and by eating a diet low in fat, cholesterol and sodium.

Osteoporosis - Osteoporosis often results in broken bones in the spine, hip and wrist. Twenty-four million Americans have osteoporosis: 80% are women.

You can help prevent osteoporosis by exercising three times a week, and by eating lots of calcium-rich foods.

Breast Cancer - Women over the age of 65 are twice as likely to develop breast cancer as women 40-64 years of age.

Giving yourself a breast examination every month and getting mammograms at recommended times can catch breast cancer at an early stage, when treatments are more successful at stopping the cancer.

Cervical Cancer - PAP smear testing to detect cervical cancer has resulted in a decrease in the cervical cancer rate. However, death rates for African-American women are still double those of white women.

Make sure you see your doctor for a yearly PAP smear.

Diabetes - Having diabetes puts you at a higher risk for heart disease, amputations, eye disease and kidney disease.

Reduce your risk of diabetes by not smoking, by not being overweight, and by exercising.

Depression - One woman in ten will suffer from major depression during her lifetime. Women suffer major depression at twice the rate of men.

Your health-care professional can assist you in finding the help you need.

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