

Women Ages 65+

Leading Causes of Death

1. Cardiovascular diseases
2. COPD (emphysema)
3. Lung cancer
4. Pneumonia and influenza
5. Diabetes

Prevention Strategies

Lifestyle Factors

- Avoid all tobacco
- Eat a diet low in fat and cholesterol
- Weight-bearing exercise for 30 minutes most days
- Limit alcohol to one drink per day
- Wear safety belts while driving

Medical Factors

- Physical Exam every year
- Eye exam every year
- Mammogram every year
- Cholesterol testing every 3-5 years
- Colon cancer screening every 10 yrs
- Bone Density testing
- Daily Aspirin (81mg)
- Daily multivitamin with iron
- Daily calcium (1500mg) with vitamin D (1000mg)
- Influenza (flu) shot each year
- Pneumonia vaccine and Tetanus booster every 10 years

Your Personal Plan



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Women Ages 15-24

Leading Causes of Death

1. Motor vehicle accidents
2. Homicide
3. Suicide
4. Cancer
5. Other accidents

Prevention Strategies

Lifestyle Factors

- Avoid all tobacco
- Avoid fast foods and overeating
- Avoid drug use & underage drinking
- Do not drink and drive
- Wear safety belts while driving
- Exercise at least 30 minutes daily
- Practice safe sex and pregnancy prevention

Medical Factors

- Physical Exam every 1-2 years
- Pap and STD screening
- Daily multivitamin with iron and folic acid (400mcg)
- Daily calcium (1200mg) with vitamin D (10000mg)
- Tetanus booster every 10 years

Women Ages 25-49

Leading Causes of Death

1. Cardiovascular diseases
2. Motor vehicle accidents
3. Breast cancer
4. HIV/AIDS
5. Drug/Alcohol Abuse

Prevention Strategies

Lifestyle Factors

- Avoid all tobacco
- Avoid fast foods and overeating
- Exercise at least 30 minutes daily
- Do not drink and drive
- Avoid drug use & excess drinking
- Wear safety belts while driving
- Practice safe sex and pregnancy prevention

Medical Factors

- Physical Exam every 1-2 years
- Pap and STD screening
- Consider mammogram based on family history
- Cholesterol testing every 5 years
- Daily multivitamin with iron and folic acid (400mcg)
- Daily calcium (1200mg) with vitamin D (1000mg)
- Tetanus booster every 10 years

Women Ages 50-64

Leading Causes of Death

1. Cardiovascular diseases
2. Lung cancer
3. Breast cancer
4. Lung disease
5. Diabetes

Prevention Strategies

Lifestyle Factors

- Avoid all tobacco
- Eat a diet low in fat and cholesterol
- Exercise at least 30 minutes daily
- Do not drink and drive
- Limit alcohol to one drink per day
- Wear safety belts while driving

Medical Factors

- Physical Exam every year
- Mammogram every year
- Cholesterol testing every 3-5 years
- Screen for colon cancer
- Bone Density testing
- Daily multivitamin with iron
- Take a daily aspirin (81mg) if you have heart disease risks
- Daily calcium (1500mg) with vitamin D (1000mg)
- Influenza (flu) shot each year
- Tetanus booster every 10 years