

What's Your GAMEPLAN for Women's Health?



Let's admit it: you take care of it all! Keeping everyone's schedules, managing a household, staying current in your chosen profession, and caring for your children, parents, pets, spouse/partner. With all of that going on, it's no wonder that women sometimes neglect their own health and focus instead on their partner's and their children's. So when do you have time to take care of yourself?

What you need is a GAMEPLAN. Ten simple steps that will help you take charge of your health.

The Donna A. Sanzari Women's Hospital at HackensackUMC is the recipient of some of the top awards in the nation.

We are committed to providing our patients with clinical excellence as well as patient- and family-centered facilities — including our specialized women's, children's, cancer and cardiac hospitals.

Visit HackensackUMC.org, or to find a physician, please call (855) 996-WELL (9355).

To learn more about our GAMEPLAN for Women's Health, visit HackensackUMC.org/HealthyWomen.

GAMEPLAN for Women's Health

- 1. Talk to Your Coach:** Ask your healthcare provider how to examine your breasts, and do at least a thorough monthly exam. The best time to check is after your period ends. The best way to check is in the shower using wet, soapy fingers. Remember to begin regular annual mammograms at age forty, but continue to do your monthly self-breast exams, too.
- 2. Fuel for Performance:** Eat a healthy diet. Good nutrition is essential to both men and women. Achieve a proper balance of proteins, fats and carbohydrates. Eat plenty of fresh fruits and vegetables.
- 3. Prepare a Training Regimen:** Proper prenatal care actually begins BEFORE you conceive. Make sure that you have a balanced diet, and avoid alcohol and caffeine. Start a multiple vitamin that contains at least 0.8 milligrams of Folic Acid. Monitor your cycles carefully.
- 4. Know the Signals:** If you think you are pregnant, see an obstetrician early. Proper maternity care should begin in the first twelve weeks of your pregnancy.
- 5. Take Care of Your Teammates:** Strongly consider the benefits of breastfeeding your baby. There are countless benefits to your baby, and it is believed that you'll reduce the later risk of breast cancer for yourself, as well.
- 6. Know the Opponent:** A colonoscopy is recommended for all women at age 50. Colon cancer is easily detected with this painless procedure. Your healthcare provider can suggest referral to a gastroenterologist to perform this procedure.
- 7. Keep Your Equipment in Good Order:** See your gynecologist once a year for a comprehensive visit. An ounce of prevention is worth a pound of cure.
- 8. Know the Fundamentals:** Exercise regularly. Not only is exercise beneficial to the cardiovascular system, it is also essential to maintain good bone density, muscle tone, and will keep you feeling younger.
- 9. Take a Time Out:** Make sure you save time to take care of yourself, and that includes keeping up with pap smears, mammograms and any other routine tests your doctor has advised.
- 10. Your Best Offense is a Good Defense:** We all know the importance of making sure your kids are up-to-date with their vaccinations, but adults need protection, too. Make sure you are immunized against the flu and pertussis.

