Women’s Health

What steps can women take for better health?

Get active.
Visit a doctor or nurse for a well-woman visit (checkup) and preventive screenings.

Eat healthy.
Pay attention to mental health, including getting enough sleep and managing stress.

Avoid unhealthy behaviors like: smoking, overeating, consuming too much alcohol, not exercising, and texting while driving.

You can prevent or delay diabetes. Make a change for life.

Group Lifestyle Balance™
FREE Diabetes Prevention Program

Group Lifestyle Balance
Rio Grande State Center, 1401 S. Rangerville Rd
Harlingen, TX
Starting May 3, 2018
12 p.m. - 1 p.m.
San Ignacio de Loyola (Parish Hall) 24380 W. US 281
San Benito, TX
Starting May 3, 2018
To sign up, contact Jesus Moralez (956)371-1090 or Alma Martinez at (956) 561-3025.
HEALTHY RECIPE: APPLESAUCE OATMEAL

INGREDIENTS:
- 1 cup 1% milk
- ½ cup rolled oats
- ½ cup unsweetened applesauce
- 1 tablespoon brown sugar
- 1 dash vanilla extract
- 1 pinch ground cinnamon

Optional Topping:
- Fresh fruit
- Nuts

PREPARATION:
1) Heat milk in a small saucepan on medium heat.
2) Stir in the oats.
3) Cook the oats for 5 minutes or until thick, stirring often.
4) Add the applesauce, brown sugar, vanilla, and cinnamon.
5) Cook for 1 more minute, or until everything is hot.
6) Top with fresh fruit and nuts.

WELL WOMAN EXAM

Top reasons to get an annual well-woman exam:

Vaccinations
against the flu, human papillomavirus (HPV) and more.

Cancer Screenings
for breast cancer, colon cancer or other types of cancer.

Health Screenings
for cancer, diabetes, bone density for osteoporosis, high blood pressure and more.

Depression Screening
Let your health care provider know about your symptoms, how often they occur and how severe they are.

Issues with Your Menstrual Period
Discuss premenstrual syndrome (PMS), painful period, your first period, heavy bleeding, or irregular periods.

A yearly preventive checkup with your doctor to check on how you’re doing, how you’d like to be doing and changes you can make to reach your health goals.

STEPS FOR DEALING WITH STRESS

Working, keeping up with household chores, and raising children can feel overwhelming at times. Follow these tips for dealing with the stress of juggling family life.

DO FUN THINGS WITH YOUR FAMILY
Regularly set aside time to do activities playing catch, coloring, or dancing to music in the living room.

USING YOUR SUPPORT SYSTEM
Ask responsible family members for advice and/or if they would be willing to help by taking care of the children a few hours a week.

SEEK PROFESSIONAL HELP
Make an appointment with a psychologist or licensed mental health professional if you are feeling overwhelmed.

MAKE TIME FOR YOURSELF
Take a few minutes each day to do something you enjoy, whether it’s chatting music, or watching a favorite show.

Source: American College of Obstetricians and Gynecologists

Source: Breastmilkcounts.com