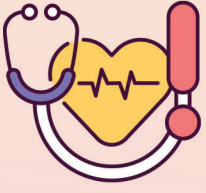


# Women

## HAVE A HIGHER RISK FOR...

### HEART DISEASE

It's the leading cause of death in US women.



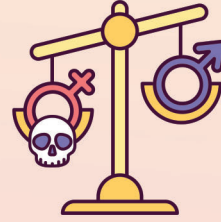
9 out of 10 women have at least one risk factor.



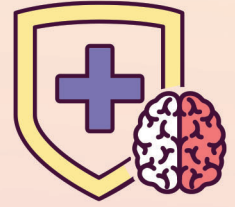
Heart attack symptoms are different in women, so they can be easy to miss.

### STROKE

1 in 5 women will have a stroke in her lifetime.



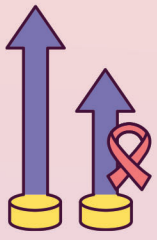
Strokes kill more women than men.



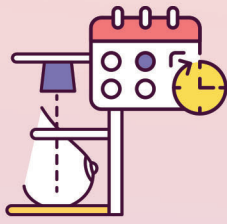
Healthy habits can help prevent them.

### BREAST CANCER

Anyone can get breast cancer, but women get it far more often.



It's the 2nd most common cancer in US women.



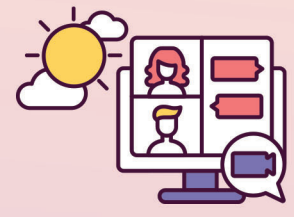
Regular mammograms can catch it early – and save lives.

### DEPRESSION

Women are twice as likely as men to have depression.



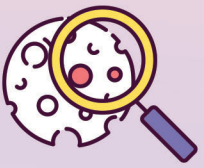
Some kinds of depression happen only to women.



Talk therapy, meds, and other treatments *can* help.

### OSTEOPOROSIS (WEAK BONES)

Rates have gone up in US women – but not in men.



Osteoporosis affects white and Asian women the most.



1 in 3 women over 50 will break a bone due to osteoporosis.

### DIABETES COMPLICATIONS

Diabetes raises heart disease risk by 4 times in women.



Diabetes can cause serious problems during pregnancy.



Women have more complications like blindness, kidney disease, and depression.

### ARTHRITIS IN THE KNEES

Women and girls are more likely to hurt their knees playing sports, raising the risk for arthritis later.



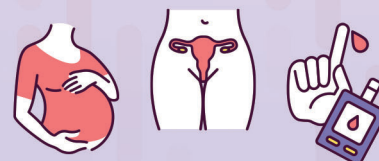
Walking in high heels puts more stress on the knees, which can lead to arthritis.



Being overweight adds to the risk.

### URINARY TRACT INFECTIONS

UTIs are far more common in women than men.



Pregnancy, menopause, diabetes, or a weak immune system raises the risk.



Left untreated, UTIs can lead to serious problems in older people.

#### PROBLEMS

### QUITTING SMOKING

Women smoke less than men, but women have a harder time quitting.



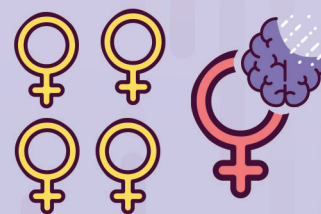
Smoking kills more than 200,000 US women each year.



Stop-smoking treatments like patches and gums seem to work better for men.

### ALZHEIMER'S DISEASE

2 out of 3 Americans with Alzheimer's are women.



1 in 5 women over 65 will develop it.



Women have a 30% higher risk of dying from Alzheimer's compared to men.



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#### May Monthly Challenge:

#### WOMEN'S HEALTH

Get 10 bonus HealthScratch™ entries if you finish the Women's Health Quiz this month!