

HEALTH TIPS FOR WOMEN

One sure fire way to avoid or reduce the risk of some serious illnesses or diseases is knowledge. Here are some other tips to living healthy.

***Go see the doctor when you're feeling great!!**

Some may think it is pointless to see the doctor when you're feeling well. Well, but contrary to popular belief it is a great time to have some important tests performed. Many tests are not accurate if given when the patient is ill or not feeling 100%.

***Get your shots/ immunizations!**

Shots aren't just for kids. The Center for Disease Control recommends that adults should have a tetanus shot every 10 years. The flu shot is also recommended for individuals age 6 months and older once per year.

***Live a healthy lifestyle!**

We must live our best life. It is important to eat a balanced diet with plenty of fruits & vegetables. Don't forget the exercise. Exercising three times a week for at least thirty minutes each, is essential for a healthy heart, maintaining a healthy body, and reducing stress. www.michigan.gov/surgeongeneral

***Don't smoke!**

Smoking or using any type of tobacco products is dangerous to your health. These products are loaded with cancer causing agents. If you want to quit smoking, please call member services at 1-888-437-0606. See the educational link we will be more than happy to send some quit smoking materials to you.

http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973---,00.html

***Practice safe sex!**

Practice makes perfect. Practice safe sex to prevent sexually transmitted diseases (STD's) and unplanned pregnancies. It is much easier to prevent a STD than it is to treat the infection after getting a disease. Not having sex will keep you from getting an STD.

***Stop the Abuse!**

Abuse has many forms it can be physical, emotional, and sexual. Slapping, pushing, & hitting are all forms of physical abuse, and can occur in romantic relationships as well as friendships. Threats, putdowns, & teasing are harmful forms of emotional/verbal abuse. Emotional abuse doesn't leave any visible scars, but the hurt lasts a long time. It is wrong & illegal to be forced into any type of sexual activity. All forms of abuse can happen to anyone at anytime. You do not & should not accept abuse in any form! If you think you might be in an abusive relationship please seek help, call the Michigan Violence Hotline