

IT'S TIME TO PUT YOURSELF FIRST

WOMEN'S WELLNESS PROGRAM @FCRHC



@FCRuralHealth



@Franklincountyrhc



@Franklin County Rural Health Clinic

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HOW ARE YOU FEELING?

The secret to looking and feeling your best at any age isn't a new hairdo or the latest fad diet. Instead, it's as simple as adopting healthful habits. These habits can help you prevent disease, stay strong and enjoy life for years.

ARE YOU DOING ALL YOU CAN DO TO STAY HEALTHY?

TEST YOURSELF - CHECK ALL THAT APPLY:

- _____ I get 7-9 hours of sleep most nights.
- _____ I manage stress in healthy ways.
- _____ I maintain a healthy weight.
- _____ I don't drink or limit alcohol to one drink per day or less.
- _____ I eat a balanced, mostly plant-based diet.
- _____ I get at least 30 minutes of heart-pumping exercise daily to fight bone loss, control weight, and ease tension.
- _____ I partner with my health care provider to get regular checkups and screenings.
- _____ I shield my skin from the sun.
- _____ I take time for fun and friendship.

HOW DID YOU DO?

7-10 Your wellness is pretty well in check!

4-6 Consider some lifestyle changes.

3 or less It's never too late to start a healthier lifestyle.



NUTRITION AND LIFESTYLE

CHANGES YOU NEED NOW



Shape up your plate. Get a weight to consult at your next physical.

Know your energy-in, energy-out balance. Depending on your age and activity level, your body needs a certain amount of calories to maintain weight and fewer calories to lose weight. Sensible weight loss is just one to two pounds per week.

Find time for fitness. Physical activity is one of the best ways to stay healthy and manage stress.

Watch for depression. Depression often runs in families, is triggered by stressful life events, or is the result of hormonal changes – particularly after childbirth (postpartum), during menopause, or the years leading up to it (perimenopause).

Shield your skin from the sun. Skin cancer is the most commonly diagnosed cancer, so take cover and prevent it.



Wife, mother, grandmother, daughter, student, employee - you tend to many needs and people who need you while neglecting your health. Don't forget that taking care of yourself can safeguard you for longer, better life; a healthier you is good for your loved ones too.

PREVENTION AND EARLY DETECTION

People have different medical needs at different times. You should see your health care provider routinely for guidance in managing your health. Use the starter tracker below at your next scheduled wellness exam at FCRHC.

Osteoporosis is a bone-thinning disease that typically begins by age 30 or 40 and increases the risk of fracture and disability. Schedule an osteoporosis screening at your next exam.

Breast Cancer risks increase as your age, particularly if you have a family history. Ask about the role mammography, magnetic resonance imaging (MRI), and breast self-exams should play in your screening. The best screening tests for detecting breast cancer early are regular exams.

Menopause. Good general health can affect how well you handle this life change. Hormone replacement therapy (HRT) is credited for relieving some of the discomforts of menopause. However, for many women, the health risks of HRT may outweigh the benefits. Discuss it with your health care provider at FCRHC.

GENERAL HEALTHY MEASURES	ROUTINE SCREENING AND IMMUNIZATIONS Essential for the Average Healthy Woman
Blood pressure Blood cholesterol Blood glucose Weight / BMI Weight goal	Blood pressure Blood cholesterol Diabetes test Breast exam Mammogram Skin check Dental check Rectum/colon exam Vision and hearing tests Pap smear Pelvic exam and HPV screening Tetanus-Diphtheria-Pertussis Other immunizations





GENETIC INSIGHTS FOR YOUR HEALTH

HEREDITARY CANCER TESTING

**EMPOWER YOURSELF AND TAKE CONTROL
OF YOUR FUTURE BY KNOWING YOUR
INHERITED RISKS.**

MENTAL HEALTH UNDERSTAND YOUR DNA

**IF YOU ARE STRUGGLING WITH
ANTIDEPRESSANTS, THE GENETIC TEST CAN HELP
TO INFORM YOUR DOCTOR ABOUT HOW YOUR
GENES CAN IMPACT THE OUTCOMES WITH
CERTAIN ANTIDEPRESSANTS.**

INHERITED CARDIOVASCULAR DISEASE

**TESTING YOUR RISK OF DEVELOPING AN
INHERITED FORM OF CARDIOVASCULAR
DISEASE.**



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