



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by Health AWAREness at the Center for Health and Well-Being

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Women's Health

It is extremely important to understand health issues and any possible ways they can be prevented. Women's health issues are no different, and unfortunately are often not the main focus of health-related topics. Read on to discover some health issues affecting women and some risk reduction techniques that you or a friend may find useful.

Heart Disease

The #1 cause of death in women. And it doesn't just affect older women; college-age women should be aware of the risks and prevention methods.

- Can cause heart attack or stroke.
- Is the cause of 1 in 4 female deaths.
- Risk factors include family history, being 55 or older, and race/ethnicity.
- Women are less likely to be diagnosed and receive advanced care.

You can reduce your risks through getting active, eating healthy, and not smoking.

Osteoporosis

Osteoporosis is frequently attributed to older women, but it's important to start reducing risks as early as possible.

- Disease of the bones that causes them to be weak and break easily. Can cause pain and disability.
- Mostly affects women.

Don't worry! You can reduce your risks through not smoking, limiting alcohol intake, getting calcium and vitamin D, and exercising.

Brought to you by Health AWAREness at the Center for Health and Well-Being
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Sources:
CDC.gov
cancer.org
lung.org
breastcancer.org



Written by Katie McKinney

The CHWB offers a variety of services to promote health and well-being.
www.iup.edu/chwb

Cancer

The #2 cause of death in women. We tend to hear primarily about breast cancer, but did you know about some of the other cancers women are prone to?



Lung Cancer

- Hard to find in early stages, making it deadlier.
- 80-90% of cases are due to smoking.
- Smoking women are 13x more likely to develop lung cancer than nonsmokers.

Colorectal Cancer

- Abnormal growth of cells in the colon/rectum, develops slowly over time.
- 9/10 cases in women 50 and older.
- Risk factors include history of inflammatory bowel disease, family history, race/ethnicity, diet, physical inactivity, obesity, and alcohol use.

Cancer can be scary but there are things you can do to reduce your risk. Risks can be reduced through physical activity, healthy diet, regular self breast exams, not smoking, and limiting alcohol consumption.

Want to quit tobacco products?

Contact the Alcohol, Tobacco, and Other Drug (ATOD) program in the Center for Health and Well-Being.
www.iup.edu/atod | @IUPATOD | (724) 357-1265

HIV/STIs

It should be no surprise that there are risks associated with unsafe sexual activity. What is surprising is how these risks affect women!

HIV

- 1 in 4 people with HIV are women, with rates rising.
- Women can be unaware of their partner's sexual history and/or may not push to use protection.
- Using drugs and alcohol can lead to sexual encounters with a higher risk of contracting HIV.

STIs

- Women bear consequences of STIs longer than men.
- STIs cause infertility in about 24,000 women each year.
- Some are symptom-less, and sometimes symptoms can be mistaken for other health issues, such as yeast infections.

Your risks can be reduced by practicing Safer Sex—always use a condom (remember that condoms are the only birth control method that helps protect against STIs and unplanned pregnancy) and get regular STI checks. You can make an appointment at Health Service. Visit www.iup.edu/healthservice for information.

