



MUSE HEALTH EDUCATION SERIES

YOUR HEALTH MATTERS.

A Woman's Guide to Prioritizing Her Health.



KNOW YOUR BODY

Pay attention to changes in how you feel and how your body looks or functions. Don't ignore new or concerning changes; discuss them with a healthcare professional.



KNOW YOUR NUMBERS.

Know and discuss important health measurements such as blood pressure, cholesterol and blood sugar with your healthcare team.



KNOW YOUR FAMILY HISTORY

Your family health history can help inform conversations with your healthcare professional about your risk, prevention and appropriate screening.



KNOW YOUR SCREENINGS

Routine preventive care and screening can help identify health problems early. Talk with your healthcare professional about which screenings are right for your age, history and individual risk.

For women at average breast-cancer risk, the USPSTF recommends mammography every 2 years from ages 40–74; individual needs may differ.



KNOW WHAT TO DO IN AN EMERGENCY

Learn CPR, know where AEDs are located, recognize urgent warning signs and call 911 when appropriate.



CARE FOR YOUR WHOLE SELF

Physical health, emotional wellness, rest, stress, grief and support all matter. Taking care of yourself helps you show up stronger for the people you love.

**Women deserve care too—
especially while caring for everyone else.**



Your Health Matters. *Your Life Matters.*

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TAKE CHARGE OF YOUR HEALTH.

Small Steps. Powerful Choices. A Healthier You.



1



PREPARE FOR YOUR NEXT HEALTHCARE VISIT

Be informed. Be ready. Be your own advocate.

- ✓ Write down new symptoms or changes you've noticed.
- ✓ Bring an updated medication and supplement list.
- ✓ Know your family health history when possible.
- ✓ Write down questions beforehand.
- ✓ Ask which screenings and preventive services are appropriate for your age and individual risk.
- ✓ Ask when you should follow up.



QUESTIONS TO ASK

Here are a few questions to consider at your next visit:

- ? What health screenings do I need?
- ? Are there numbers I should be monitoring?
- ? Does my family history change my risk?
- ? What symptoms should prompt me to seek care?
- ? Are there lifestyle changes that could improve my health?
- ? When should I follow up?

2



KNOW YOUR NUMBERS

Track your health. Talk with your healthcare professional about your goals.

Health Measure	My Number	My Goal / Next Step
Blood Pressure	_____	_____
Cholesterol (Total, LDL, HDL)	_____	_____
Blood Sugar / A1C	_____	_____
Weight (BMI)	_____	_____
Other (e.g., vitamin D, etc.)	_____	_____



Your individual goals may differ. Discuss your results and appropriate targets with your healthcare professional.

3

KNOW WHEN IT'S AN EMERGENCY

CALL 911 for potentially life-threatening symptoms, such as signs of a heart attack, stroke, cardiac arrest, severe difficulty breathing, or another medical emergency.



HEART ATTACK

Common warning signs can include:

- Chest discomfort or pressure
- Shortness of breath
- Nausea or lightheadedness
- Unusual fatigue
- Discomfort in the arms, back, neck, jaw or stomach



STROKE — BE FAST

Recognize the signs. Act quickly.

- B** Balance – Sudden loss of balance or coordination
- E** Eyes – Sudden vision changes
- F** Face – One side of the face drooping
- A** Arm – Weakness or numbness in one arm
- S** Speech – Difficulty speaking or slurred speech
- T** Time – Time to call 911 immediately



CARDIAC ARREST

Signs can include:

- Sudden collapse
- Unresponsive
- Not breathing normally (or only gasping)

**CALL 911 • START CPR
USE AN AED**



4



MAKE YOUR HEALTH A PRIORITY

Small steps today can lead to a healthier tomorrow.

- ☐ Schedule an overdue appointment.
- ☐ Find the nearest AED at work/school/church.
- ☐ Ask about recommended screenings.
- ☐ Talk with my family about our health history.
- ☐ Learn my blood pressure.
- ☐ Make time for rest and emotional wellness.
- ☐ Learn CPR.
- ☐ Take one step toward a healthier habit.



YOU MATTER, TOO.

Taking care of yourself isn't separate from caring for the people you love. It's part of it.



Women deserve care too—especially while caring for everyone else.

