

# Women's Health - The Surprise Killer

In today's time of change and challenge the average woman is asked to be more than just average. Women have become active in the work force, but still come home and are the major care takers for children and family members. They are mom, daughter, and wife. With all these demands it is not surprising that women find it hard to take time for their own health. Also if you ask women about what illness kills the most women the most common answer would be breast cancer. Surprisingly, it is not.

Cardiovascular related illness kills more women than any other disease or illness. Although, this type of illness is often thought of as a major problem for men, over half of the deaths caused by cardiovascular related illness are women. This is why women need to get more familiar with these illnesses and their warning signs.

One of the biggest misconceptions is that the warning signs for men and women are the same. For example, the warning signs of a heart attack may differ greatly. We have all heard the traditional warning signs of a heart attack: chest pain or tightness, sudden onset of radiating pain in the neck or shoulders and pain down the left arm. However, warning signs particularly in women, often show themselves as shortness of



## Stay Healthy

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breath, pain in the upper stomach area and/or a feeling of nausea, sudden fatigue or weakness, profuse sweating, and a sudden onset of anxiety. These symptoms are quite commonly associated with feeling a bit under the weather, and thus, are often over looked and dismissed as such.

This is why it is so essential that "Doctor Moms" also find time to take care of themselves. Find out more about your own health, and how the decisions you make on a daily basis may affect your own health. One of the easiest places to start is to take a look at your diet and nutrition. In today's busy times a lot of people are eating on the go, and these foods are usually high in

fat. To decrease your fat intake, try and think ahead and pack a meal at home the night before. Also eating better does not mean giving up everything that taste good. Remember the simple eighty twenty rule, make healthy eating decisions at least 80% of the time and you can enjoy a few treats 20% of the time. The key is moderation.

Another, important factor is exercise. This does not mean that you have to become a fitness fanatic to decrease your risk. Health care professionals agree, even a moderate level of exercise can help decrease your risk of cardiovascular disease. Find an activity you enjoy and can do on a regular basis. The easiest answer for most people is to take a walk, by yourself, with the kids, with a friend or family member. Walking can also provide some valuable time for you and your family. During the walk you can find out how the kids, friends, or family member's day was, and you can let others know how your day was. Discussing a stressful day is a good way to let off the stress you're feeling. Relieving stress further decreases your risk of cardiovascular disease.

Another, important factor is getting familiar with your own health and taking care of problems early. It's much easier to prevent, then try to reverse

a serious health issue. For example if your doctor mentions your blood pressure or your cholesterol levels are a little high, then ask, “What are all of my options to get them down.” If your doctor says something your not sure you completely understand then ask and make sure all of your questions get answered. Health care professionals are there to help you get and stay healthy. Don't be afraid to ask a few questions, after all it's your health we're talking about.

Get educated, get health smart, and live longer and happier.