



# COMMUNITY HEALTH COALITION

*Improving the Health of Durham  
& NC Communities since 1989*



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**“Communities and countries and ultimately the world are only as strong as the health of their women.”  
– Michelle Obama**

## **ABC's To Staying Healthy**

### **Health Tips**

### **For More Information**

#### **Additional Resources**

[health.gov/healthypeople](https://www.health.gov/healthypeople)

top ten guidelines to know about  
physical activity

frequently asked questions about

Covid-19 vaccinations

mental health care help 24-7

<https://www.nutrition.gov/>

## **Women's Health Awareness Month: May Is National Women's Health Awareness Month!**

May is Women's Health Awareness month. Mother's day is in May. Women often take care of everyone but themselves. It is time for us to start taking care of us.

### **ABC's To Staying Healthy**

- 1. Annual exam.** It's hard to enjoy wealth, if you're not in good health.
- 2. Breast self-exam.** Early detection for your protection.
- 3. Cardiovascular screening.** Your heart can stop beating, go get a screening!

## 1. Annual examination

A regular check-up with your primary care provider can keep you healthy. Having your blood pressure, glucose (sugar), and cholesterol levels checked regularly is key to healthy living as well as reducing your stress, eating healthy, and exercising.

## 2. Bone density test

Osteoporosis (thinning of the bones) is common in women. Taking Vitamin D3 and Calcium can help increase bone strength as well as weight-bearing exercises.

## 3. Cardiovascular

Heart disease and stroke is the number one killer in women, and stroke disproportionately affects African Americans. Diet and exercise is key in reducing this risk.

## 4. Colonoscopy

When you go to the bathroom, take a peek! Stools that are bloody, black and tarry should be checked out. If you are over the age of 50 one should have regular colonoscopy exams.

## 5. Mammograms and self-breast examinations

Monthly breast examinations and regular mammograms are important for the early detection of breast cancer and overall breast health. If you feel something odd in your breast, please have your health care provider check it out.

## 6. Exercise

You don't need exercise equipment to exercise! Dancing, walking, and yoga are fun ways to get moving! Exercise is great for both the body and mind!

## 7. Reduce Stress

Reducing stress helps with your overall well-being. It's important to factor in stress release daily. It is also ok to talk to a professional if stress becomes too much to bear.

## 8. Your diet

Healthy eating is key! Find what is best for you to achieve your best health. Reducing foods high in fat and increasing vegetables in your diet is a good start.

## 9. Love the skin you are in

Moisturizing, sunscreen, drinking plenty of water and eating healthy keeps skin glowing. See a Dermatologist if you see something that doesn't look right with your skin.

## 10. Address concerns

You know yourself better than anyone else! If you have a concern, tell your health care provider. If they can't treat it, ask them to refer you to the person who can!

## 11. Stay safe

Always be an advocate for yourself! Stay healthy, stay safe and get vaccinated!

For more information about health prevention tips, please visit  
[CommunityHealthCoalition.com](http://CommunityHealthCoalition.com) call (919)470-8680 and/or email  
[Contact@CommunityHealthCoalition](mailto:Contact@CommunityHealthCoalition)

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