

## May 2020 Health Tips

May is Women's Health Month. Dr. Christy Clayton, a retired OB/GYN says, "Ladies take care of everybody, but not themselves. The time is now! Let us start taking care of ourselves. This month serves as a reminder that we as women should make health a priority and build positive health habits for life."



Christy Clayton, MD, FACOG  
and Board President of  
Community Health Coalition

### Heart Disease

Do you know what the #1 killer of women is? It is not Breast Cancer; it is Heart Disease.

- A. Heart Disease accounts for over 27% of female deaths.
- B. Heart Attack symptoms are different for women
- C. Here are some symptoms:

- Shortness of breath
- Breaking out into a cold sweat
- Pain radiating the to the jaw. neck, and upper arm
- Chest pain

### How Can We Decrease Our Risks of Heart Disease?

1. Stop smoking cigarettes and vaping!



2. Eat a heart healthy diet

3. Be physically active **MOVE**



4. Learn CPR-it can double or triple someone's survival.



## Cancer

Lung Cancer is the #1 death causing cancer among African



American women and Breast Cancer

is the #2 death causing cancer among African American women. Please do your self-breast exams monthly. **Source: 2019 American Cancer Society Surveillance Research.**

After your menstrual cycle (if applicable) is the best time. Picture breast exam. Please have your yearly mammogram if you are over 40.

## Stroke

Is the leading cause of long-term disability illness in the US. More women have strokes than men and more women die from strokes. Symptoms of a stroke are face drooping, arm pain radiating down to fingers and slurred speech. **Call 911 immediately!**



## ABC's Toward Good Health and Prevention of COVID 19

**A**llow space between people so not to spread disease.

**A**lways wash your hands and practice social distancing.

**B**e positive. **B**e Informed about constant changes and updates with local, state and national guidelines.

**C**onnect virtually to your community, faith, family, friends, work and healthcare provider.

## FOR MORE INFORMATION, CLICK ON LINKS BELOW OR GO TO

- COVID 19 Virus, go to: <https://www.ncdhhs.gov/> North Carolina COVID-19 Hotline: 886-467-3821. For non-emergency COVID-19 questions: Call or text "COVIDNC" to 898211 Duke Health COVID-19 Hotline: 919-385-0429, option 2 (8:00 am-8:00pm, seven days a week)
- AMERICAN HEALTH ASSOCIATION – [WWW.HEART.ORG](http://WWW.HEART.ORG) – 1-800-242-8721
- AMERICAN CANCER SOCIETY – [WWW.CANCER.ORG](http://WWW.CANCER.ORG) – 919-334-5218

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**ADOPT Healthy People 2030! Be Safe!**