

## Women's Health Awareness

### Seven Facts about Women's Health

1. **2 out of 3 caregivers in the U.S. are women.** They are at greater risk for poor physical and mental health. If you exercise regularly, practice good sleep habits and avoid excessive alcohol intake, & take time to unwind, you can help yourself maintain healthy behaviors and lower stress.
2. **1 in 4 women in the U.S. have a disability,** with the most common being arthritis. Adults with disabilities experience frequent mental distress, almost 5 times as often as adults without disabilities. Having a disability does not mean a person cannot be healthy. Always make sure you're staying in good physical, mental, and emotional health so you can lead a full, active life.
3. Being **unable to afford menstrual hygiene products** is a reality for many women and girls. Those who do not have proper and adequate resources to manage their monthly cycle may also face stigma and embarrassment.
4. **Heavy menstrual bleeding,** also known as menorrhagia, affects more than 10 million women each year. It may be the most noticeable symptom of a bleeding disorder that can be treated.
5. STDs like Chlamydia and Gonorrhea can be easily cured, however, if they're left untreated, they can cause **Pelvic Inflammatory Disease (PID)**. PID can lead to long-term pelvic pain, the inability to get pregnant, and potentially deadly ectopic pregnancy.
6. **Intimate Partner Violence (IPV)** can range from one episode to several over multiple years. IPV includes behaviors such as physical, sexual, stalking, and psychological. It can result in negative health outcomes that can affect the heart, digestive, reproductive, and nervous systems, as well as mental health problems.
7. Deaths from drug overdose continue to contribute to overall mortality in the U.S. and as **women continue to struggle with substance and opioid abuse,** it is important to be informed about proper medication use.



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