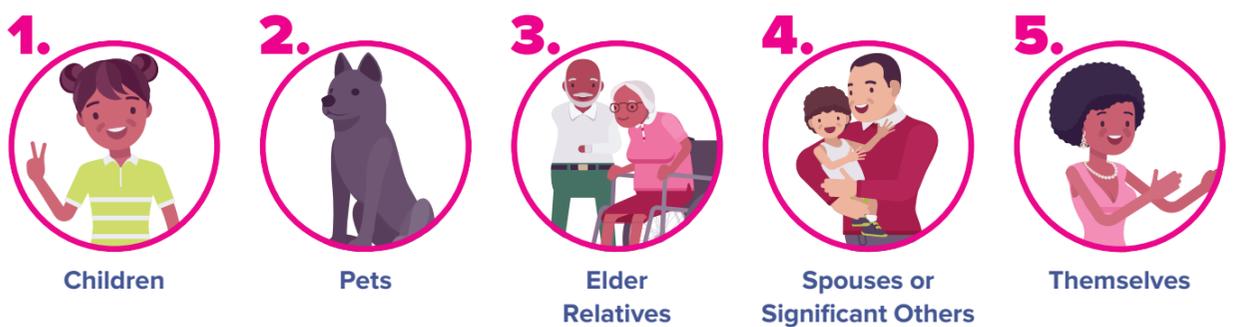## Knowledge IS Your Superpower!

If you knew the greatest risks to your health, what would you do to avoid them? To remedy them? Obtaining that knowledge, through screenings, places you on the path to overcoming greater health challenges in the future.

- Health Screenings can detect medical conditions when they're the most treatable, and, in some cases, even completely reversible

- Health Screenings can prevent serious health problems that may develop if a medical condition is left uncontrolled or unmanaged

Putting Yourself First Can Save Your Life!

Where are YOU on your list of priorities?

According to a survey conducted by *Healthy Women* and *Working Mother Magazine*, women ranked the time they spend managing healthcare in the following order:

1. Children   **2.** Pets   **3.** Elder Relatives   **4.** Spouses or Significant Others   **5.** Themselves

After caring for everyone and everything else, women typically place themselves at the bottom of their "to do" lists.

To be the best wife, Mom (of children or pets), daughter, or niece you can possibly be, it's important – no, **it's critical** – that you make your health a priority. Find ways to move YOU up on your list of priorities!

Where to begin and which health screenings to schedule today

Work with your physician to schedule the right screenings for you. Your doctor will take into consideration your age, overall health, family history and current medical concerns.

Here are a few of the most important screenings to schedule with your Primary Care Physician.

YOUR HEART: Because cardiovascular disease is the **Number 1 killer of women**, screening to determine your heart's health and risk factors should be your Number 1 concern! Make sure you know and understand the results of your Blood Pressure, Cholesterol, Weight /Body Mass Index (BMI), Waist Circumference and Blood Glucose screenings. It makes all the difference in the world.

YOUR BREASTS: There's one thing we know about breast cancer: The earlier you find it and get effective treatment, the more likely you are to survive. Screening tests are the only way to find breast cancer even before it causes early signs or symptoms. The best way to know when and how often to get screened is to talk to your doctor about your personal risk factors.

YOUR SEXUAL HEALTH: Pap smears are a lifesaving screening tool for cervical cancer. The test can detect abnormal cells in the cervix before they become cancerous. Your physician or nurse practitioner can also perform HPV tests during Pap tests to check for a virus that raises the risk of cervical cancer. An unclear or abnormal Pap smear result may be a sign of infection, another problem or cancer.

While visiting your gynecologist for your pap smear, consider STD screening as well if you're sexually active. Primary and secondary syphilis rates among women increased sharply, jumping by 21% between 2019 and 2020 and 147% between 2016 and 2020.

YOUR COLORECTAL HEALTH: The age for screening has decreased to 45 years of age and even earlier if there's a family history of the disease. Colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find these precancerous polyps, so that they can be removed before they turn into cancer. Screening tests can also find colorectal cancer early when treatment works best. Regular screening is the key to preventing colorectal cancer and finding it early.

Make Today the First Day of Putting You and Your Health First

WOMEN...ACT NOW! Pick up your phone to find an in-network doctor, hospital or urgent care facility through the Blue Cross Blue Shield app today. Make your health a priority.

Men, give the women in your life the time and encouragement they need to place themselves at the top of their priority list. Make sure that just as a woman is giving so much of herself to see that her parents, spouse/significant other, and children get to the doctor that she goes as well. Don't forget she's important too!

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