

WOMEN'S MONTH 2016



Women's Month is about the empowerment of women, reducing gender disparity and raising awareness of health conditions affecting women

Women's Statistics in SA:

- Cervical Cancer affects 1 in 42
- Ovarian Cancer affects 1 in 460
- Breast Cancer affects 1 in 33
- Uterine Cancer affects 1 in 160
- 15% have Hypertension
- 42.8% over age 20 are Obese



HEALTHY MIND, HEALTHY BODY

In order to promote productivity and confidence in women good health should be maintained:

- Go for regular health checks. Women over 40 should have a mammogram every year. Monthly self-examinations for lumps in the breast tissue. Pap smear every year
- Keeping fit: exercise is a great way to keep the body healthy and reduce risk of chronic diseases like obesity and diabetes. 30 minutes of exercise most days of the week.
- Set goals! Look ahead towards the future with positive personal and professional goals

TREAT YOURSELF LIKE A QUEEN

Sometimes life gets very busy and we forget to look after ourselves. Take a bit of time out of your hectic schedule to pamper yourself, it might be a trip to the salon or simply painting your own nails. This boosts self-confidence!



HEALTHY EATING FOR WOMEN

- Eat regularly—missing meals can lead to weight gain and low energy and mood
- Eat your "good fats" such as nuts, oily fish, avocado, seeds, olive oil and olives
- Avoid too much sugar, salt and fat in the diet this can lead to overweight and obesity
- Eat foods rich in calcium and vitamin D for bone health such as milk, fish, legumes and eggs
- Fibre – good to keep you full for longer, keep you regular and maintain energy levels
- Iron-rich foods – in order to avoid iron-deficiency anaemia eat foods like livers, spinach, lentils, red meat, chicken and cereals