

# Health Screenings Every Black Woman Should Know

Women, you are likely focused on your family's health. But do you make time for your own health? You should, because it's of great value to take care of yourself too! Did you know Black women are at higher risk for many health issues? Let's change some of the statistics by striving to live healthy. If you are a Black woman and want to stay healthy, here are a few numbers and screenings to help keep your health in check.



## SEE YOUR DOCTOR

Routine checkups can spot a number of conditions that can impact a woman's health.


CHECKUPS & SCREENINGS	WHY?	WHEN?
<input type="checkbox"/> Physical Exam	Preventative care for total health	Annually
<input type="checkbox"/> Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your doctor.
<input type="checkbox"/> A1C Test	Screens for high blood sugar levels	If you have a family history of diabetes, are overweight or have personal concerns, talk to your doctor about screening for this condition.
<input type="checkbox"/> Cholesterol	If high, can lead to heart disease	Every 5 years, or as directed by your doctor.
<input type="checkbox"/> Pap test or HPV test	Screens for cervical cancer	Cervical cancer screening should begin at age 21.
<input type="checkbox"/> Mammogram	Black women are more likely to die of breast cancer than White women. Getting a mammogram can find breast cancer early.	Women 45 to 54 should be checked every year. Women 55 and older may switch to once every other year.
<input type="checkbox"/> Colorectal Cancer Screening	Screens for colorectal cancer	People at average risk may start regular screening at age 45.

Inspire women in your life to get screened for cancer during birthday months to celebrate life.

## NUMBERS TO KNOW

**120/80**  
mm Hg

normal blood pressure range, so talk to your doctor about your goals.

More than **40%** 

of Black women have high blood pressure (hypertension).

**HIGH BLOOD PRESSURE CAN LEAD TO A HEART ATTACK.**

Heart disease is the **#1 CAUSE OF DEATH** in Black women.

**HEART ATTACK IS A SILENT KILLER OF WOMEN.**

Preferred cholesterol range is less than

**200** mg/dL

Normal BMI for women is

**18.5-24.9**



Workouts and healthy eating can help.

**7 to 9**

Recommended hours of sleep for adults. Poor sleep habits may bring a higher risk for chronic disease. Consult with your doctor if you are having issues getting restful sleep.

## 4 TOP CAUSES OF DEATH IN BLACK WOMEN

- Cancer (breast, lung and colon)
- Diabetes
- Heart Disease
- Stroke

## 1 IN 4 BLACK WOMEN WHO ARE 55+ HAVE TYPE 2 DIABETES

- Normal Below 5.7%
- Prediabetes 5.7% to 6.4%
- Diabetes 6.5% or above

*A1C results can help screen for diabetes.*

**46% of Black women** say they have been bothered by symptoms of overactive bladder (OAB). *2 risk factors for OAB are obesity and diabetes.*

## CANCER IS FOUND LATER IN BLACK WOMEN.

Top cancers are Breast & Lung. Bladder & Kidney cancer are less common, but more serious if not found early.

Every woman is unique, so talk with your doctor about the numbers and screenings right for you. For more information, visit:

**UrologyHealth.org**

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