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.

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

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.

18.5-24.9
Preferred BMI for women is

200 mg/dL
Preferred cholesterol range is less than

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.

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

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
Prediabetes
Diabetes

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.

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