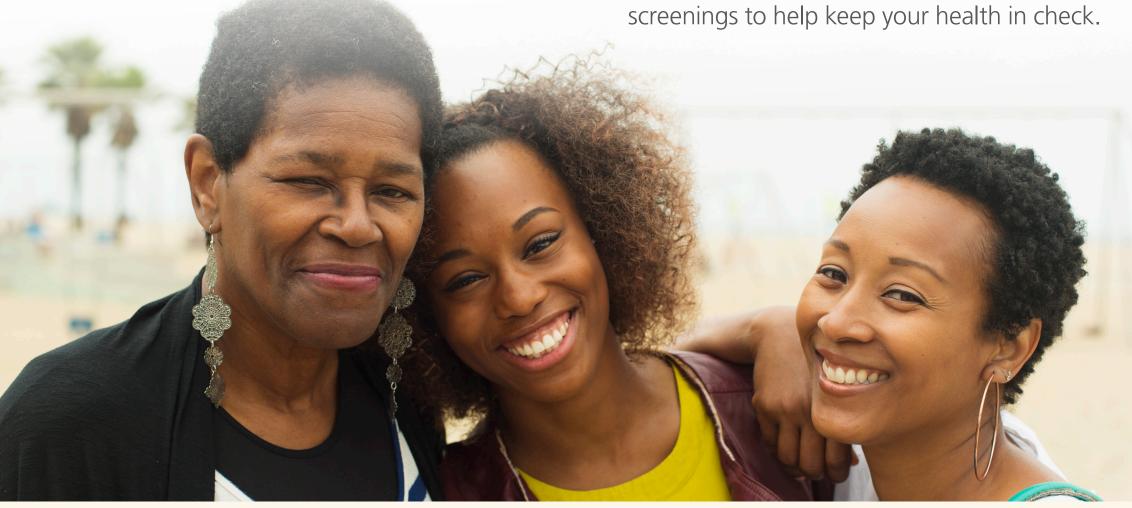
# Health Screenings Every Black Woman Should Know

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



#### SEE YOUR DOCTOR

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

CHECKUPS & SCREENINGS		WHY?	WHEN?
	Physical Exam	Preventative care for total health	Annually
	Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your doctor.
	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.
	Cholesterol	If high, can lead to heart disease	Every 5 years, or as directed by your doctor.
	Pap test or HPV test	Screens for cervical cancer	Cervical cancer screening should begin at age 21.
	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.
	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.

40% (Contract of the contract of the contract

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



OF BLACK
WOMEN
ARE OBESE

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.

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

**UrologyHealth.org** 



The Official Foundation of the American Urological Association

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# 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.