

# Road to **WELLfluent**<sup>TM</sup>

Embrace better health.

## Facts to Know about Women's Health

Women and girls face unique health challenges across their lifespans. Learn how some of these health conditions affect millions of women and girls each year.

**Two out of every three caregivers** in the United States are women. Women who are caregivers have a greater risk for poor physical and mental health, including depression and anxiety. The COVID-19 pandemic can add even more stressors to the role of caregiving. Maintaining healthy behaviors, managing stress, and seeking extra support, are important, especially during COVID-19.

- Simple ways to maintain healthy behaviors include participating in regular exercise, practicing good sleep habits, and avoiding excessive alcohol.
- To help manage stress, caregivers should take breaks, make time to unwind, and consider respite care external icon as needed.
- Recognize when more help is needed. Support groups provide a safe place for people in similar situations to find comfort. Learn more about coping with stress during COVID-19.

**Asthma** occurs more often in women than men. In 2019, the asthma rate was higher among non-Hispanic Black women, and lower among Hispanic women compared with non-Hispanic white women.

- Changing hormone levels during the menstrual cycle, pregnancy, or menopause may make asthma symptoms worse in women external icon. Asthma can also cause problems for women and their baby during pregnancy.
- Women's lungs are smaller than men's, which may make women more sensitive to asthma triggers and make it harder for women to breathe during an asthma attack.
- Persons with asthma should avoid asthma triggers. Known asthma triggers include but are not limited to pets, outdoor air pollution, mold, and tobacco smoke.



- Work with a doctor or health provider to develop an asthma action plan that will help to prevent and control asthma attacks.
- Make sure you follow your doctor's recommendations, including taking daily maintenance medications as directed to avoid or minimize a future attack.

**Heavy menstrual bleeding**, lasting more than seven days, affects more than 10 million American women each year, or one out of every five women. A bleeding disorder may be the cause of heavy menstrual bleeding.

- If heavy menstrual bleeding occurs, talk to a medical provider to determine if testing is needed.
- Learn about possible causes, including the signs and symptoms of a bleeding disorder.

**Women with disabilities** need the same general health care as women without disabilities, and they may also need additional care to address their specific needs. About 36 million women in the U.S. are living with a disability, a condition of the body or mind that makes it more difficult to do certain activities

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and interact with the world around them. About 44% of women 65 or older are living with a disability. The most common cause of disability for women is arthritis (i.e., osteoarthritis, rheumatism, fibromyalgia, lupus).

- Adults with disabilities report experiencing frequent mental distress almost 5 times as often as adults without disabilities. Frequent mental distress is associated with poor health behaviors, increased use of health services, mental disorders, chronic disease, and limitations in daily life.
- Women with disabilities need the same general health care as women without disabilities, and they may also need additional care to address their specific needs. Research shows that many women with disabilities may not receive regular health screenings, such as mammograms or a Pap test, as recommended.

**Women and depression.** Depression doesn't feel the same for everyone. How often symptoms occur, how long they last, and how intense they may feel can be different for each person. Everyone feels sad sometimes, but these feelings usually pass within a few days. Depression interferes with daily life and may last for weeks or months at a time. Most people, even those with the most severe forms of depression, can get better with treatment. If you think you may be depressed, the first step to seeking treatment is to talk to your healthcare provider.

**Sex trafficking**, a type of human trafficking, is a serious public health problem that affects the well-being of individuals, families, and communities. The majority of victims are women and girls. Sex trafficking is defined as "the recruitment, harboring, transportation, provision, or obtaining of a person for the purpose of a commercial sex act" by the Trafficking Victims Protection Act of 2017.

- Victims of trafficking share risks and consequences associated with adverse childhood experiences, intimate partner violence, sexual violence, and gang violence. Consequences can be immediate and long term, including physical problems and relationship problems, psychological concerns, and chronic health outcomes.
- General tips to prevent sex trafficking:
  - Trust your judgment. If a situation/individual makes you uncomfortable, trust that feeling.

- Let a trusted friend or relative know if you feel like you are in danger or if a person or situation is suspicious.
- If possible, set up safety words with a trusted friend/relative. One word can mean that it is safe to talk and you are alone. A separate word can mean you are not safe.
- Keep all important documents and identification in your possession at all times. Your partner/employer does not have the right to take or hold your documents without your permission.
- Keep important numbers on your person at all times, including the number of someone you feel safe contacting if you are in trouble.
- Make sure that you have a means of communication (cell phone or phone card), access to your bank account, and any medication that you might need with you at all times.
- If you think you might be in immediate danger or you are experiencing an emergency, contact 9-1-1 first.
- If you believe you may have information about a trafficking situation:

Call the National Human Trafficking Hotline toll-free hotline at 1-888-373-7888: Anti-Trafficking Hotline Advocates are available 24/7 to take reports of potential human trafficking.

Text the National Human Trafficking Hotline at 233733. Message and data rates may apply.

**Women should discuss all medications** they are taking with their doctor to ensure safe and appropriate use. The number of overdose deaths from opioids among women has increased substantially. Nearly 48,000 women died of prescription opioid overdose between 1999 and 2010. Women are more likely to have chronic pain, be prescribed opioid pain relievers, and use prescription opioids for longer time periods than men. Women should discuss all medications they are taking with their doctor and use prescriptions only as directed.

**Source:** <https://www.cdc.gov/healthequity/features/8facts-womens-health/index.html>

## NURSES WEEK 2021

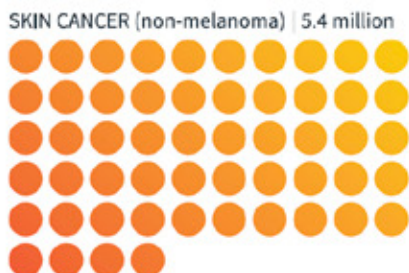
National Nurses Week begins each year on May 6th and ends on May 12th, Florence Nightingale's birthday. She set an example of compassion, commitment to patient care and diligent and thoughtful hospital administration. This year's Nurses Week, we honor the noble profession of nursing not only in the United States, but across the world. During COVID-19, nurses have worked tirelessly on the front lines to ensure that people who need help are cared for. The pandemic has taken a toll on nurses' morale and mental health. Nursing, in general, is stressful and COVID-19 only amplifies that. Therefore, it's even more critical to use nurses week to reach out and celebrate the nurses around you and throughout the world.



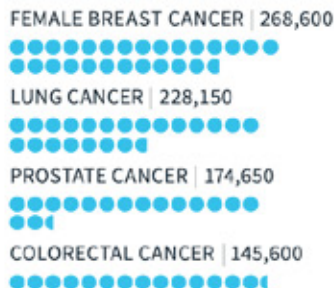
# DON'T FRY: PREVENTING SKIN CANCER

Skin cancer is the most common of all cancer types. More than 5.4 million skin cancers are diagnosed each year in the United States. That's more than all other cancers combined. Skin cancer rates have been on the rise over the past few decades. The good news is that you can do a lot to protect yourself and your family from skin cancer.

## NEW SKIN CANCER CASES IN THE US IN 2019

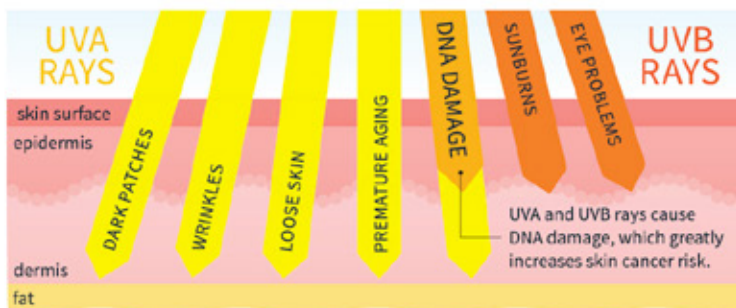


○ = 100,000 cases

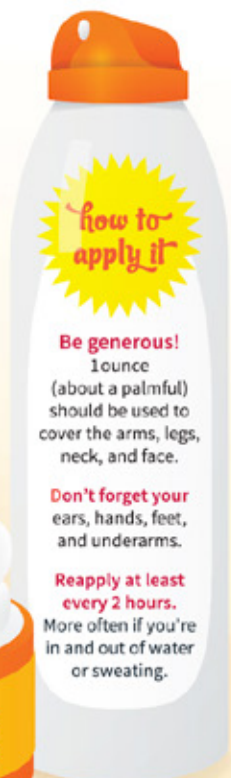


○ = 10,000 cases

## MOST SKIN CANCERS ARE CAUSED BY THE SUN'S UVA AND UVB ULTRAVIOLET (UV) RAYS



## PROTECTING YOURSELF IS VITAL



## ANYONE CAN GET SKIN CANCER, BUT BE EXTRA CAREFUL IF YOU ...



DITCH TANNING BEDS OR LAMPS



American Cancer Society // Infographics 2019

## WE'RE FIGHTING CANCER ON ALL FRONTS.

From helping patients access services such as free rides to treatment, free lodging near hospitals, and a 24/7 cancer helpline, to fostering cutting-edge research and breakthroughs, to advocating on behalf of cancer patients - the American Cancer Society is leading the fight.

Learn More // [cancer.org/skincancer](http://cancer.org/skincancer)  
 Stay Protected // [cancer.org/sunsafety](http://cancer.org/sunsafety)  
 Detect Early // [cancer.org/skincancerimages](http://cancer.org/skincancerimages)  
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