



Branch - Hillsdale - St. Joseph Community Health Agency

570 N. Marshall Road
Coldwater, MI 49036
(517) 279-9561
Fax (517) 278-2923

20 Care Drive
Hillsdale, MI 49242
(517) 437-7395
Fax (517) 437-0166
www.bhsj.org

1110 Hill Street
Three Rivers, MI 49093
(269) 273-2161
Fax (269) 273-2452

"Your Local
Health Department"

NEWS RELEASE
May 10, 2017

Rebecca Burns, Health Officer
517-279-9561, ext. 0148#

Val Newton, Prevention Services Director
517-279-9561, ext. 0143#

FOR IMMEDIATE RELEASE

National Women's Health Week!

The 18th annual National Women's Health Week kicks off this year on Mother's Day May 14th and will be celebrated through May 20th, 2017. During this week, the goal is to encourage women to make their health a priority and take steps to improve their health. Having regular health exams and tests is important because it can help find problems early when your chances for treatment and cure are better. By having regular health exams, screenings and treatment, you are taking steps that will help increase your chances of living a longer and healthier life.

Making an appointment to get a checkup is one of the many things you can do to help stay healthy and prevent disease and disability. According to the Center for Disease Control, here are four things you should do before your next checkup:

1. *Review your family history. Family history might influence your risk of developing heart disease, stroke, diabetes or cancer. Your medical provider will assess your risk of disease based on your family history and may recommend things you can do to help*

prevent disease. Examples include: exercising more, change in diet and going in for screenings to detect disease early.

- 2. Find out if you're due for any general vaccinations or screenings. Check with your health care provider to see if it is time for any vaccinations or follow up exams. Your local health department can also review and administer any needed vaccinations for adults.*
- 3. Write down a list of questions and issues you can take with you. Make sure to review any existing health problems and make note of any changes in your health.*
- 4. Consider your future. Discuss any issues with your health care provider so they can help you make better decisions regarding your health.*

If you want to learn more about what steps you can take to improve your health, visit www.womenshealth.gov. For more on what to do before your next checkup visit www.cdc.gov. To receive more information about local health services that can help protect you and your family, visit our webpage at www.bhsj.org and like us on Facebook at www.facebook.com/BHSJWIC/

#