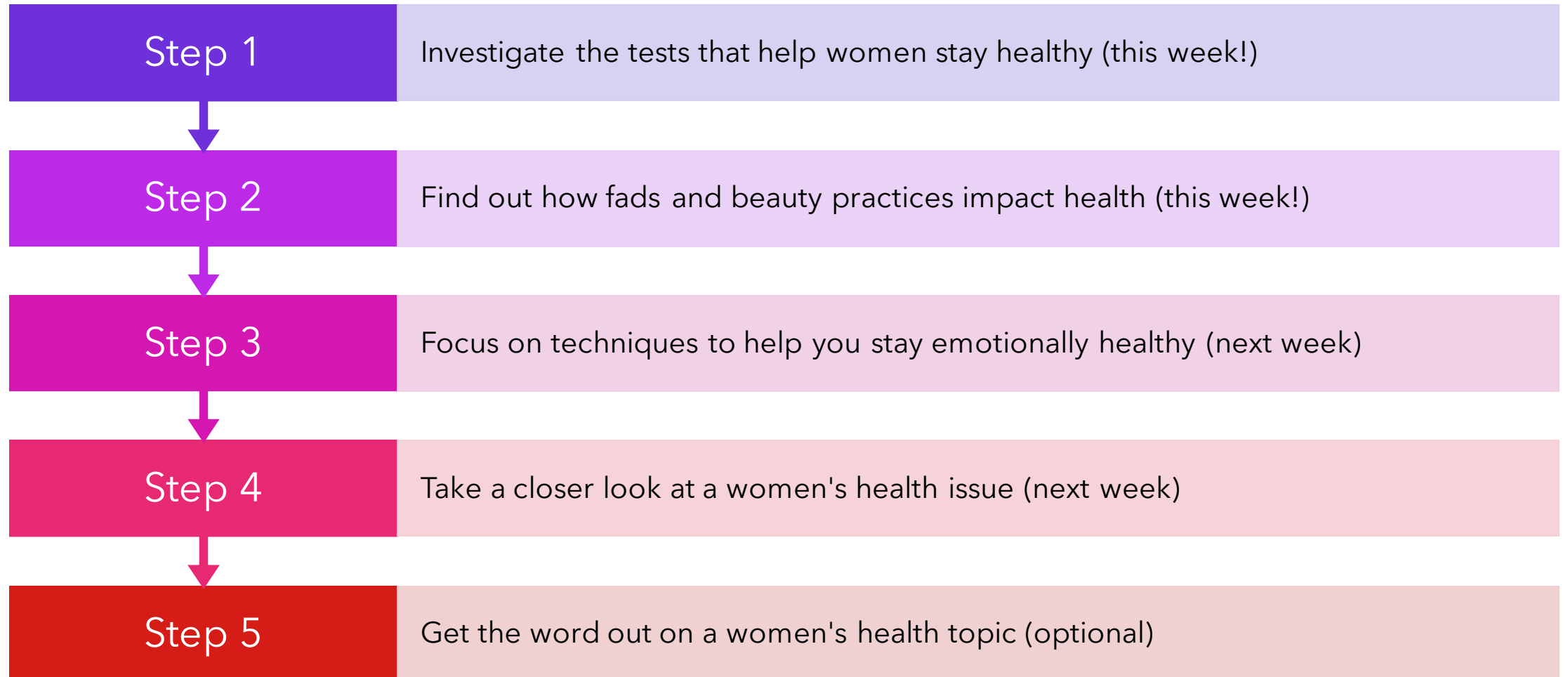




Women's Health Badge Part 1

Learn how to lead a physically,
socially, and emotionally healthy
life!

Overview



Step 1 - Investigate the tests that help women stay healthy

Screenings are medical tests that can spot problems before they turn into something serious. For instance, you might have your blood pressure checked to test for general health, a mammogram to test for breast cancer, or a Pap smear to test for STDs and cervical cancer. Become familiar with the tests that are available for women to help us manage our good health throughout our lives.

Find five steps to good health and prevention. Who should get a flu shot? Why does a high cholesterol level put someone at risk for diabetes? How is skin cancer preventable? You might focus on one part of your body, such as your heart skin, or bones, and recommend the proper nutrition, exercise, and screenings to take care of it.




Laughter is medicine!



Stressed-out people are at greater risk for heart disease. But an antidote to this just might be laughter. Medical experts say that laughter lowers your blood pressure and heart rate and, according to one doctor, may have a direct impact on improving the lining of your blood vessels.



"We know that exercising, not smoking, and eating foods low in saturated fat will reduce the risk of heart disease," says Michael Miller, director of the Center of Preventive Cardiology at the University of Maryland Medical Center. "Perhaps regular hearty laughter should be added to the list."



Step 2: Find
out how fads
and beauty
practices
impact health

Step 1: On YouTube, find a medical expert or someone with expertise that talks about a health or beauty fad. For Example, you can find a skin specialist that talk about infections from tattoos, piercings, or manicures and pedicures.

When you find a beauty or fad topic and watch videos about it, research and explore how can women protect themselves from issues.

STEPS 3,4,AND 5
NEXT WEEK!

