

## *in this issue >>>*

*Women's health is a comprehensive topic focusing on distinct female health issues. This special edition highlights a few important topics, expert tips, and resources on Women's health.*

Issue  
**TWO**



## HISDA Health Ministry Monthly Insight- Caring for the Total Man

# *On Women's Health*



## *current topics >>>*

### *Nurturing Women's Health and Well-Being*

*Have you scheduled your annual well woman examination?*

*No, I am scared. I might be given scary diagnosis.*

*Do you know that early screening ensures early detection of diseases and prevents complications.*

For more information, contact Health Ministry @ [Houstoninternational.org](http://Houstoninternational.org)

## *Women's Health Newsletter!*

### *Invest in your Health!*

*Women's health is comprehensive, covering distinct health issues in females that extend beyond the female anatomical structure. It highlights certain health issues that tend to manifest more frequently in females than in males, including but not limited to reproductive and gynecological health, physical and mental health. It encompasses annual well-woman examinations and health screenings, providing females with an equal sense of belonging in the community and promoting healthy aging.*

## **Stress Management Tips**

*#Tip 1 – Take ten deep breaths when you feel stressed. It can help to lower your tension.*

*#Tip 2 – Keep away your devices 30 minutes before going to bed. It will improve your sleep quality.*

*#Tip 3 - Keep a joyful heart. Reflect on how God had led you in time past and you will not be afraid of your future.*

*#Tip 4 – Lean on God's word. Trust God.*

*#Tip 5 – Empower others and make your burdens lighter.*

*#Tip 6 – Know when to take a break, pause or rest. Take things easy with yourself.*



*Few essential screenings to keep in mind>>>*

## *Step into a Healthier You*

### *Cancer Screening by Age*

*21- 39 years*

*Colon cancer testing (only if at risk).*

*Breast cancer testing –*

*If not at risk of breast cancer not needed.*

*However, all women should examine and report any breast changes.*

*Cervical cancer testing – not needed before age 25.*

**40-49 years**

**Colon cancer testing – all people at average risk should start at 45 years.**



**40 -49 years**

**40 to 44 should have the choice to start annual mammogram.**

**45 years - Annual mammogram .**

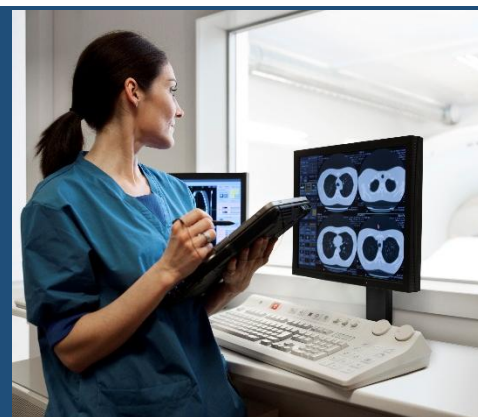
**Pap smear – every three years.**

**50-64 years, 75 years and older.**

**Colon cancer testing – all people at average risk should start at 45 years.**

**50 to 80 years should get yearly lung cancer screening with a low-dose CT (LDCT) scan – if smoking, smoking history, and 20 pack year of smoking.**

**Breast cancer testing – 50- 54 years – every year. At 55 years - every 2 years.**



### **Resources for Women's Health•** - click on the links.

[Healthy Texas Women](#) - Women's health and family planning services at no cost.

[Your Heart health matters.](#)

[American cancer society, Centers for Disease Control and Prevention](#) – References and full details on recommended screening.

[Screening recommendations](#) – Note:: preferably check with your PCP.



### *Wellness Screenings*

## *Prioritize your Health*



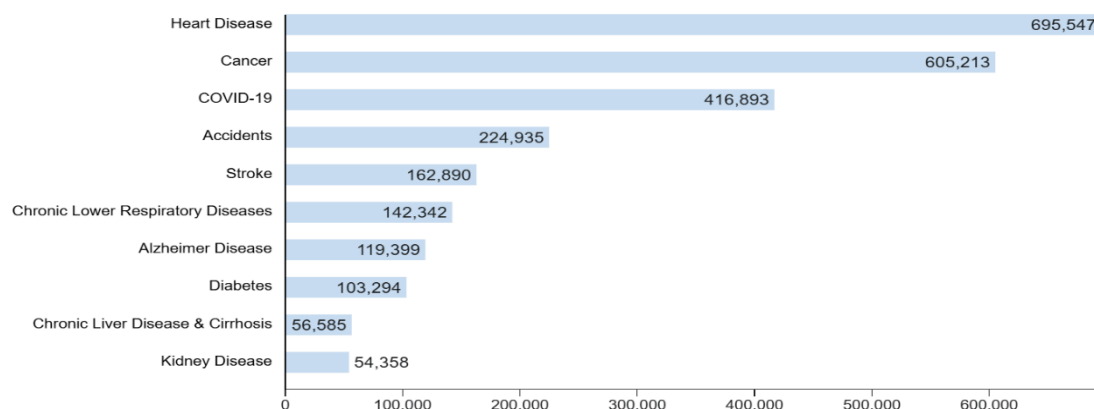
**Well Woman Examinations:** *Yealy screenings varies by age and disease risk. Focus on specific health issues including sexual health, birth control, fertility, lifestyle, clinical breast exam, pelvic exam, pap smear, lab tests, vital signs, menstrual cycles, menopausal. symptoms. and other related health discussion topics.*

**Family Planning:** Check the resource section for free services and eligibility.

**Overall wellness:** Physical health, early screenings, and treatments are essential.

**Emotional well being:** Your emotional health and stress management matters.

**Leading causes of death, all races and origins, both sexes, all ages, 2021**



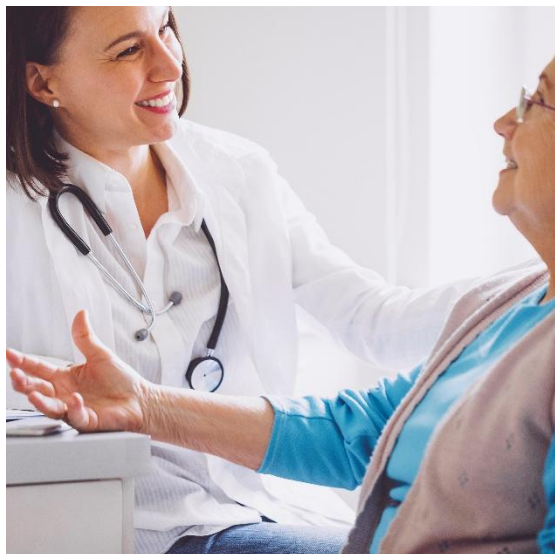
**For more information, <https://www.cdc.gov/womens-health/lcod/index.html>**

**[Take charge of your heart health](#)**



# Supporting Elderly Women & Men – Healthy Aging

*Aging is natural and a part of life that comes with gradual growth. It is about adding life to years. Healthy aging encompasses a life of purpose, joy, and vitality.*



## Empower your Well-Being Toolkit

- Stay hydrated.
- Watch your portion sizes as metabolism slows with age. Eat a balanced meal.
- Regular check ups.
- Stength training as tolerated.
- Social connections – with friends, families, and faith groups.
- Involve in serving others.
- Tell stories. Teach skills.
- Nature walk. Quiet reflection.
- Fall prevention - flat footwear, watch your steps. Use support.

Keep emergency contacts and caregiving resources handy. Embrace life changes. Strengthen your faith through prayer, bible study, and trust in God.

## ask the experts >>>

### Q & A

*How often should I get a well woman examination? From age 20 and annually. Your risk factors can also determine how early your screening begins. Consult your healthcare providers for guidance.*

- *Where do I find more information on my women wellness examinations? Your healthcare providers are very great resources. There are also good resources online. See attached links in resources .*
- *I don't have a healthcare provider, how can I get free women wellness examination? There are free resources. See the resources section of this newsletter.*
- *What should I expect during women wellness examination? See the section on prioritize your health in this newsletter.*



## Things to know

*Don't let illness take time away from your work and growing experience. Eat a balanced meal. Ensure you are up to date with your vaccines and wellness examination. Your physical, mental, and spiritual health should not be neglected. Stay prayerful and positive. Trust God.*

## Promoting Healthy Habits All Year Long...

### Physical Activity

Adults need at least [150 minutes/week](#) of moderate-intensity aerobic activity (30 minutes daily for 5 days) or 75 minutes/week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week.

### Sleep Hygiene

Rest is vital for growth and learning. Sleep well. [Recommended sleep](#) hours for good health is 7 -9 hours every night

## Daily Motivations

“Pressure cannot break me. I am undefeated.”

“Your strength must be louder than your negativity.”

“The destination may differ but the difference you make lasts forever.”

“I heal from within and beyond.”

- Dr. Debola Ola -

# final thoughts...

*I wish above all things that you may prosper and be in health  
— 3 John 1:2*

## Tips for staying healthy

- Model healthy behaviors by prioritizing your wellness, including regular exercise, a balanced diet, and effective stress management.
- There is healing in the word of God. Claim God's promises of healing.
- Seek support when needed from healthcare professionals, counselors, or community organizations.
- Keep your emergency contacts and medical information up to date.
- Daily affirm yourself. Embrace life's journey with hope, Fear not for God is with you – Isaiah 41:10

Empowered to Heal  
Caring for the Total  
Man

## Spotlight: Women's Health & Sepsis Awareness

This month, the Health Ministry is launching several programs to promote women's health and promote sepsis awareness and prevention. How?

• September is sepsis awareness month. See link for more details.

- [Protect a child from sepsis.](#)
- [Sepsis Super Hero Challenge.](#)
- [Know sepsis signs, symptoms, and prevention.](#)

Show someone you care. How?

- Call or visit one another during the week.
- Pray for the sick.

## Contact us at

<https://houstoninternational.org/health-ministry/>

Visit us or mail to  
HISDA Health Ministry  
13885 Beechnut St.,  
Houston, TX, 770833

Keep cuts and scrapes  
clean and covered  
until healed.



coming soon >>>

*In The Next Issue  
October - Cancer  
Awareness*

*November – Gratitude  
& Diabetes Melitus  
Awareness*

Then your light will break forth like the dawn, and your healing will quickly appear – Isaiah 58:8