

Women's HEALTH WEEK

top 7 most common “hidden” diseases in women



Women's Health Week is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

A CALL TO ALL WOMEN: YOUR HEALTH IS DEMANDING YOUR ATTENTION!

As an American author and philanthropist wisely stated:
“A woman’s health is her capital.”

Women, what are you waiting for? It’s understandable that, as the primary caretakers in the home, you can easily put your own health on the back burner, but today, *make the choice to make a change and give your health* the number-one priority in your life that it DESERVES. This month, celebrate your strength by collaborating with your local Spirit of Women Hospital as they embrace the Centers for Disease Control and Prevention’s **Women’s Health Week**, (May 8-14, 2011) where women are empowered to put their health first and foremost!

Did you know that, according to the Centers for Disease Control and Prevention, **35%** of women over the age of 20 are obese, **33%** of women over the age of 20 have hypertension, and **1,219,744** women are dying every year? Many times, women **UNKNOWINGLY** put their health at risk by ignoring certain telltale symptoms. CNN reports that there are seven common “hidden” diseases secretly attacking women’s health. These “hidden” diseases include:

- 1 POLYCYSTIC OVARY SYNDROME:** the most common hormonal disorder among women of reproductive age. *As many as one in every 10 women of childbearing age will develop it, which is the leading cause of infertility.*
- 2 FIBROMYALGIA:** acquired in early to mid-adulthood, it’s also known as Central Sensitivity Syndrome and *affects three to six million women in the U.S. alone.*
- 3 CHRONIC FATIGUE SYNDROME:** forces mental and physical inactivity and does not improve with rest. *Women, especially in their 40s and 50s, are four times more likely to develop this condition than men.*
- 4 LUPUS:** there are four types, but the most common is “systemic lupus erythematosus” and is a malfunction of the immune system where the body becomes its own worst enemy. *Women make up 90% of its victims.*
- 5 MULTIPLE SCLEROSIS (MS):** causes your immune system to attack the protective covering of the nerves in the brain and lets your nervous system break down the communication between the brain and the body. It may even destroy the nerves entirely. *Women are three times more likely than men to develop MS and it generally appears between the ages of 20 and 40.*
- 6 RHEUMATOID ARTHRITIS (RA):** attacks the linings of the joints through the immune system. *Women make up three-quarters of RA cases and usually peak between the ages of 40 to 60.*
- 7 IRRITABLE BOWEL SYNDROME:** chronic abdominal cramping and pain, bloating, gas, diarrhea and constipation that may be caused by a malfunction in the way the brain interacts with the gut. *20% of Americans suffer from IBS, but it is two times more likely in women.*



This **Women’s Health Week**, let’s take the time to rejoice in life by tending to our health! Simple lifestyle changes such as being aware of the signs your body is giving you and *partnering with local Spirit of Women physicians* to maintain your good health make all the difference. Taking *small* steps at home like making slight changes to your diet or increasing your physical activity will guarantee that you’ll feel great and have the freedom to achieve anything you decide to do!

YOU DESERVE GOOD HEALTH, SO TREAT YOURSELF TO IT!

Health is Action®

Knowledge is half the battle; action is the other half.

Partner with your local Spirit of Women Hospital TODAY to kick-start your continuous health and well-being!

Make a choice for better health. Visit spiritofwomen.com.

SOURCES:

Women’s Health Problems Doctors Still Miss, Harriet Brown, CNN, 10/26/09
<http://www.cnn.com/2009/HEALTH/10/19/undiagnosed.women.problem/index.html?iref=allsearch>

Centers for Disease Control and Prevention
<http://www.cdc.gov>

HELPFUL ST. LUKE’S RESOURCES

Physician Referral Service: 314-205-6060
St. Luke’s Physician Referral Service can help you find a primary care physician or specialist that meets your needs.
Spirit of Women Health Information Line: 314-205-6654
Nutrition Wellness Center: 314-205-6483
Fitness and Weight Management programs: 314-542-4800