

Make The Most Of Your Next Health Visit

Take 10 To TALK

(NAPSA)—American women tend to place a greater priority on the health of their family than their own personal health. When it comes to taking care of themselves, their decisions are limited by the demands on their time and money and the competing responsibilities of work and home life. That is according to “Women Talk,” the first annual public opinion survey on the state of women’s health by the National Women’s Health Resource Center (NWHRC). The survey also found that even when women do make the time for a visit with their health care professional, they go unprepared and lose an important opportunity to improve their health and wellness.

“Women and their health care professionals need to do a better job of communicating about both physical and emotional wellness and how to achieve it. That’s true even though both may feel the pressure to keep a visit as short as possible,” according to Amy Niles, president of the NWHRC. Niles suggests that for the health care professional, that can mean making wellness strategies such as stress management and health screenings a topic of every visit. For women, it means learning how to become active partners in their health and wellness.



“Take 10 to T.A.L.K.” is an educational initiative that encourages women to take 10 minutes to get prepared. Each letter of TALK emphasizes one of the four important topics that women should talk about when visiting their health care professional.

Tell your health care team about all prescription and nonprescription medications you take.

Ask about health screenings and how your family’s medical history may affect you.

Learn where to find reliable health information and how to use it.

Kick start your health goals today with small changes that will lead to better health.

“Take 10 to T.A.L.K.” is one of a series of education initiatives that emphasize that even small amounts of time devoted to a woman’s health (a 10-minute walk, 10 minutes to learn about heart health, 10 minutes to get ready for a health visit) can have long-term benefits. More information on “Take 10 to T.A.L.K.” and other “Take 10” programs is available at www.healthywomen.org or by calling 1-877-986-9472.