

Women's Health

2003 National Women's Health Week

(NAPSA)—By setting aside a few days to focus on your health, you might find ways to add a few years to your life. A great time to start is during National Women's Health Week, held this year from May 11-17.



Health fairs and forums will help celebrate National Women's Health Week.

One of the most important steps you can take for better health is to get regular check-ups and ask your doctor or health clinic about screenings for heart disease, diabetes, cancer and sexually transmitted diseases. Your doctor can tell you which screenings are appropriate for your age and lifestyle.

On May 12, community health centers, hospitals and other health providers across America will recognize National Women's Check-Up Day by offering screenings (some free) and other services.

Throughout the week, health fairs and forums are scheduled around the country to encourage women to adopt healthier lifestyles.

To find out about National Women's Health Week events, or to receive free publications on more than 800 women's health topics, call 1-800-994-WOMAN or visit www.4woman.gov, a project of the U.S. Department of Health and Human Services, Office on Women's Health.