

# Women's Checklist

## What Black Women Should Know



### What do Black Women Need to Know to Stay Healthy?

Women often are focused on their family's health and don't make time for their own. It's of great value to take care of yourself, because Black women are also at higher risk for many health issues. Let's change some of the statistics by striving to live healthy. If you are a Black woman and want to stay healthy, this fact sheet may help you as you make your own list to keep healthy.

### When Should Black Women Get a Health Check?

Routine checkups can spot a number of conditions that can impact a woman's health. Knowing when to see a doctor may help you be more aware of your health. See your health provider from time to time, even if you feel healthy. These

visits can help avoid problems in the future. Many screenings and checkups can be planned, so it is good to know why you need them and how often to have them. Think about encouraging your female family and girlfriends about their health too. Inspire women in your life to get screened for cancer during birthday months as a way to celebrate life.

### What are the Main Causes of Death in Black Women?

For many women, thinking about death is a topic you would rather avoid. Yet, learning about common causes of death may help you keep your own health in check. The two top causes of death in Black women are:

1. HEART DISEASE
2. CANCER

CHECKUPS & SCREENINGS	WHY?	WHEN?
<input type="checkbox"/> Physical Exam	Preventative care for total health	Annually
<input type="checkbox"/> Blood Pressure	Screens for hypertension (high blood pressure)	Annually or as directed by your health care team.
<input type="checkbox"/> A1C Test	Screens for high blood sugar levels	If you are age 45 or have a family history of diabetes, are overweight or have personal concerns. talk to your health care team about screening for this condition.
<input type="checkbox"/> Cholesterol	If high, can lead to heart disease	Every 5 years, or as directed by your health care team.
<input type="checkbox"/> Pap test or HPV test	Screens for cervical cancer	Cervical cancer screening should begin at age 21.
<input type="checkbox"/> Mammogram	Black women are more likely to die of breast cancer than White women. Getting a mammogram can find breast cancer early.	Women at average risk 45 to 54 should be checked every year. Women 55 and older may switch to once every other year.
<input type="checkbox"/> Colorectal Cancer Screening	Screens for colorectal cancer	People at average risk may start regular screening at age 45.

Inspire women in your life to get screened for cancer during birthday months to celebrate life.



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Top cancers for Black women are breast, lung and colon cancer. Bladder and kidney cancer are less common, but can be more serious if not found early. Did you know that Black women are more likely to die of some cancers than White women? Ways to help change that are to keep your health in check and to get screened for cancer – even if you are feeling fine.

### What Else Should Black Women Keep on their Health Checklist?

For women, urology includes the urinary tract, which are the parts of your body that process your urine. Did you know certain healthy living tips can have an impact on your urologic health? Some urologic tips include:

**Drink water** daily to prevent kidney stones and urinary tract infections (UTIs).

**Go often** by passing urine every 3-4 hours and having daily soft bowel movements to help with UTIs, leaks and pain.

**When passing urine**, wipe from front to back to avoid UTIs.

**Eat healthy** by limiting food/drinks that irritate the bladder and those that may cause kidney stones.

**Breathe clean** because smoking can impact urologic cancers, kidney stones, pain and urine leaks.

**Get checked** if you leak urine or see blood in your urine so you can get help.

Black women may also want to think about some other areas of their health, to include:

**Blood Pressure** of 120/80 mm Hg is a normal range, but nearly 61 percent of Black women have high blood pressure (hypertension). Heart disease is the top cause of death in Black women so striving for good blood pressure can help avoid heart attacks.

**Weight** goals for women should include a body mass index (BMI) of 18.5 to 24.9. But 56 percent of Black women are not in that range and are considered obese. Being obese can impact your heart health, your blood sugar levels and your urologic health. For instance, 46 percent of Black women say they have been bothered by symptoms of overactive bladder (OAB) and two risk factors for OAB are obesity and diabetes.

**Sleep** matters too as women should strive to get at least seven hours of sleep. Poor sleep habits bring a higher risk for chronic disease. Talk with your doctor if you are having issues getting restful sleep.

Every woman is unique, so talk with your health care team about the numbers and screenings right for you.

### About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, [UrologyHealth.org/UrologicConditions](https://UrologyHealth.org/UrologicConditions).

### Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications.

For more information, visit [UrologyHealth.org/Download](https://UrologyHealth.org/Download) or call 800-828-7866.

