



State of Illinois
Illinois Department of Public Health

Healthy Lifestyle Quiz for Women





A Health Quiz

The Illinois Department of Public Health, Office of Women's Health, has designed this health quiz for you. While completing the quiz, write down any questions that cause you some concern or that you do not understand and discuss them with your physician or health care provider. The last section of this booklet includes suggestions for talking to your health care provider that may be helpful to review before you go to your next appointment. You also can call the toll-free Women's Health-Line at 888-522-1282 to find information about any women's health issue.

Heart Disease

Q) What is the leading cause of death in women?

- A. breast cancer
- B. coronary heart disease
- C. accidents

A) B. Coronary heart disease is the leading cause of death in American women. Nearly twice as many women in the United States die of heart disease and strokes than from all forms of cancer, including breast cancer.

Q) What can you do to help lower your chances of getting heart disease?

- A. Stop smoking.
- B. Check your blood pressure regularly.
- C. Lose weight if you are overweight or obese.
- D. Keep active.
- E. All of the above

A) E. All of the above. By changing your habits, you can reduce your chances of getting heart disease. Your health care provider can help by working with you to control certain health problems such as diabetes or high cholesterol levels.

Q) What are some heart attack warning signs?

- A. chest discomfort
- B. pain in the upper body
- C. shortness of breath
- D. all of the above

A) D. All of the above. Discomfort can happen in your arms, back, neck, jaw or stomach. Other signs may include a cold sweat, nausea or light headedness.

Q) How do you know for sure if you have high blood pressure?

- A. You have night sweats.
- B. You have your blood pressure checked.
- C. You have frequent headaches.

A) B. Most people with high blood pressure have no specific warning signs. It is called the “silent killer.” The only way to know if you have high blood pressure is to have your blood pressure checked. High blood pressure can cause a heart attack, stroke, heart failure and kidney disease.

Q) True or False? Having your heart “skip a beat” is a sign of heart disease.

- A) False.** Don't panic if you have occasionally had these symptoms. Irregular heart beat (arrhythmias) is more common as we age. Most cases are harmless but need to be ruled out by your doctor. Some arrhythmias can be dangerous and need treatment and management.

Breast Cancer

Q) What is the best way to find out if you have breast cancer?

- A. annual breast exam by a health care provider
- B. doing a breast self-exam every month
- C. getting a mammogram

- A) C.** Mammograms are the single best way to detect breast cancer in its earliest form – often before a lump can be felt. However, mammograms are not perfect and some breast cancers can be missed, especially if the breast is naturally lumpy. Besides having a mammogram every one to two years starting at age 40, women also should have a health care provider do an annual breast exam and women should do monthly breast self-exams beginning at age 20. All unusual lumps or changes, even if a mammogram shows no problems, should be studied further.

Q) What breast changes should be brought to the attention of a health care provider?

- A. a lump or thickening in or near the breast or underarm area
- B. a change in the size or shape of the breast
- C. puckering, dimpling or redness of the breast
- D. all of the above

A) D. All of the above. A change you see or feel in your breast does not automatically mean you have cancer. There are many breast changes that are normal or non-cancerous conditions. However, all changes should be reported to your health care provider.

Q) True or False? Having a family history of breast cancer means you will get breast cancer.

A) False. Women who have a family history of breast cancer have a greater chance of getting breast cancer, but most women who have breast cancer have no family history.

Q) You are more likely to get breast cancer if--

- A. you have never had a child.
- B. you have a major injury or bruise to the breast.
- C. you are overweight.
- D. you have a close (first-degree) relative with breast cancer (mother, sister, daughter).

A) A, C and D. Never having a child or having your first child after age 30, obesity and a strong family history all increase one's risk for breast cancer. An injury to the breast or fondling the breast does not increase risk.



Q) True or False? There isn't anything I can do to reduce my risk for getting breast cancer.

A) False. Maintaining a healthy weight, exercising and limiting/avoiding alcohol can help reduce your risk of getting breast cancer.

Human Papillomavirus and Cervical Cancer

Q) True or False? Cervical cancer is caused by a virus.

A) True. Human papillomavirus or HPV is a family of very common viruses that cause almost all cervical cancers. HPV is spread through sex and can cause an infection in the cervix. The infection often has no symptoms and usually goes away without causing any changes in the cervix. HPV that does not go away over many years can lead to cervical cancer. Most women will be exposed to HPV during their lifetime, but that does not mean that they will get cervical cancer. The only sure protection from HPV is lifelong abstinence. Regular condom use also can help prevent spread of infection, but they do not completely protect from HPV.

Q) You can protect yourself against cervical cancer by --

- A. getting regular Pap tests.
- B. getting an HPV vaccine.
- C. douching after having sex.

A) A and B. Getting regular Pap tests is the best way to detect cancer of the cervix. A Pap test looks for changes in the cervix that might lead to cancer. If cancer does occur, a Pap test can find it early when it is easier to treat.

Women who have regular Pap tests are least likely to get cancer. There is also a new vaccine that can help prevent HPV, but the vaccine is not recommended for all women. Currently, the Advisory Committee on Immunization Practices recommends that the vaccine be given to 11- and 12-year-old girls, and, at the discretion of families and their doctors, be administered as early as age 9. Vaccination also is recommended for girls and women, ages 13-26, who have not been previously vaccinated. However, the decision about whether to vaccinate a woman aged 19-26 should be made based on an informed discussion between the woman and her medical provider regarding her risk of previous HPV exposure and her potential benefit from the vaccination. Douching should be avoided because it can kill some of the normal vaginal bacteria that can protect you from infection and it can spread existing vaginal infectious up into the uterus, fallopian tubes and ovaries.

Q) True or False? There is no way to test for HPV.



A) False. There is a test for HPV called the HPV test. For women who are age 30 or older, the test can be done at the same time as the Pap test, with a second swab. In addition, some women with a certain type of abnormal Pap test will get an HPV test as part of their follow-up exam regardless of age. Whether or not you have an HPV test is up to you. Some women want to know whether they have HPV, while others prefer not to know. Whether you have an HPV test or not, it is still important to get a Pap test.

Q) True or False? The HPV vaccine will protect you from all sexually transmitted diseases.

A) False. The HPV vaccine does not protect against other sexually transmitted infections. You must still practice abstinence or safe sex (using a condom) to protect yourself against other sexually transmitted diseases. In addition, you will still need regular Pap tests if you have been sexually active. Check with your health care provider about the screening schedule that is best for you.

Osteoporosis

Q) You are more likely to get osteoporosis if--

- A. you smoke.
- B. you are slender.
- C. your diet is low in calcium.
- D. you do not exercise.
- E. all of the above

A) E. All of the above. In addition, you also are more likely to get osteoporosis if you drink large amounts of alcohol, start menopause early, have relatives who have osteoporosis, or take medications to treat asthma, seizures, lupus or hypothyroidism.

Q) What is the most common symptom associated with osteoporosis?

- A. loss of weight
- B. loss of height
- C. loss of physical strength

A) B. Loss of height may be a sign of osteoporosis. Aging can cause the bones to become thin and the bones in the back (vertebrae) may crack or break. The spine may shorten and a person's height can be reduced.

Q) True or False? Once you have osteoporosis, there is nothing you can do except prevent yourself from falling.

A) False. There are several new drugs on the market that either help limit further bone loss or help increase bone strength. If you have osteoporosis, talk to your health care provider about these new therapies.

Q) What are the best sources of calcium in the diet?

- A. milk and milk products
- B. dark yellow vegetables
- C. sardines and salmon with bones
- D. whole grains and oats

A) A and C. Milk and milk products, like yogurt and cheese, and canned salmon and sardines with bones provide higher levels of calcium than other foods. Dark green leafy vegetables, like broccoli and turnip greens, are also a good source of calcium.

Q) True or False? Physical exercise can lower your chances of getting osteoporosis.

A) True. Weight-bearing exercises and resistance exercises are the two types of exercises important for building and maintaining bone mass and density. Weight-bearing exercises include jogging, walking and dancing. Weight resistance exercises include lifting free weights and using weight machines.

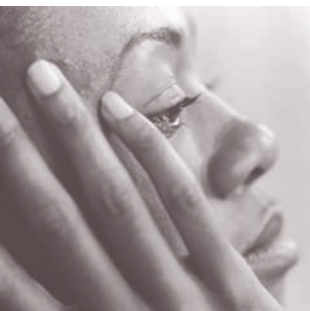
Menopause

Q) What is menopause?

- A. when 12 consecutive periods are missed
- B. a normal part of aging
- C. a slowing of ovarian activity, including estrogen production
- D. all of the above

A) D. All of the above. Most women experience natural menopause between the ages of 40 and 58. The average age of menopause is 51 years. Women who smoke reach menopause around two years earlier than women who do not smoke.

Q) True or False? Perimenopause (premenopause) is a transitional phase that can begin many years before menopause.



A) True. Perimenopause is the period of time before menopause and is brought on by changing levels of hormones found in the ovaries - such as estrogen. During this time, many women will experience irregular menstruation, skipped periods, light periods and very heavy periods. Perimenopause can last six years or more and ends one year after the final menstrual period.

Q) What are the symptoms of perimenopause?

- A. hot flashes
- B. mood swings, short-term memory loss
- C. urinary problems, such as leaking when you cough or sneeze
- D. vaginal dryness, painful sex
- E. all of the above

A) E. All of the above. Not all women experience all of these symptoms but these symptoms may cause women to seek medical advice.

Q) What are the most serious health concerns associated with menopause?

- A. osteoporosis (thinning, brittle bones)
- B. increased risk for heart disease
- C. hot flashes

A) A and B. While hot flashes are one of the more common and visible symptoms of menopause, they are not life-threatening. Osteoporosis and heart disease are serious health problems and women should discuss with their health care provider what they can do to decrease the risk of these conditions.

Q) What can you do to improve your health after menopause?

- A. Maintain a well-balanced diet.
- B. Participate in a good exercise program.
- C. Don't smoke.
- D. All of the above

A) D. All of the above. Your diet should include more calcium-rich foods and less fat to help reduce the risk of osteoporosis and heart disease. Participating in regular physical activity of moderate intensity for at least 30 minutes on most days will lower the risk of heart disease. The most important lifestyle change you can make is to stop smoking because it has the greatest impact on health. Smoking increases the risk of heart disease, osteoporosis and cancer.

Mental Health

Q) True or False? There is more than one type of depression.

A) True. Depressive disorders come in many different forms, just as is the case with other illnesses. Three of the most common types of depressive disorders are major depression, dysthymia and bipolar disorder. Major depression interferes with the ability to work, study, sleep, and enjoy once pleasurable activities. A less severe depression, dysthymia is long-term and chronic. While this form of depression does not keep a person from doing their daily routine, it keeps a person from feeling good. Bipolar disorder, also called manic-depressive disorder, is not as common as other forms of depression. A person with bipolar disorder has cycling mood changes, from mania (severe highs) to depression (severe lows).

Q) What are some symptoms of depression?

- A. persistent sadness, anxiety, or “empty” mood
- B. more talkative
- C. feelings of guilt, worthlessness, helpless
- D. racing thoughts
- E. thoughts of death or suicide

A) A, C and E. People who are depressed have feelings of hopelessness, decreased energy, and difficulty concentrating and remembering. Some types of depression run in families. Stress at home, work or school can add to depression. People who have low self-esteem, who view themselves and the world in a negative way or who are easily stressed, are more likely to get depression.

Q) What are some symptoms of mania?

- A. abnormal or excessive joy
- B. grandiose thinking
- C. racing thoughts
- D. increased energy
- E. poor judgment
- F. all of the above

A) F. All of the above. Not everyone who is depressed or manic experiences every symptom. Some people experience few symptoms, some many. How serious the symptoms are depends on the person and can change over time.

Q) True or false? Men are twice as likely as women to experience depression.

A) False. Studies have shown that women are twice as likely as men to experience depression. Hormones from menstrual cycle changes, pregnancy, miscarriage, postpartum period, perimenopause (premenopause), and menopause may contribute to the increased rate of depression. Many women face additional stresses such as responsibilities both at work and home, single parenthood, and caring for children and aging parents.

Q) True or False? The first step to getting appropriate treatment for depression is to get a physical examination by a physician.

A) True. Certain medications as well as some medical conditions can cause the same symptoms as depression, and the physician should rule out these possibilities through examination, interview and lab tests. If a physical cause for the depression is ruled out, a psychological evaluation should be done by a psychiatrist or psychologist.

Q) True or False? People suffering some mental illnesses may suffer from substance abuse (abuse of drugs or alcohol).

A) True. Persons with mental illnesses, especially people who are not getting professional help, may abuse drugs or alcohol in order to relieve the uncomfortable symptoms of their illnesses. Likewise, people who abuse drugs and alcohol can become depressed.

Domestic Violence

Q) What is domestic violence, also known as intimate partner violence?

- A. physical abuse
- B. psychological / emotional violence
- C. threats of physical or sexual violence
- D. sexual violence
- E. all of the above

A) E. All of the above. The terms “domestic violence” and “intimate partner violence” describe physical, sexual or psychological harm by a partner or former partner or spouse. It can happen in heterosexual or same-sex relationships and does not require sexual intimacy.

Q) What is sexual violence?

- A. use of physical force to make a person participate in a sexual act against his or her will
- B. attempted or completed sex act with a person who is unable to understand or communicate because of illness, disability, or the influence of alcohol or other drugs
- C. abusive sexual contact
- D. all of the above

A) All of the above. Sexual violence is a serious problem that affects millions of people every year. Sexual violence can have very harmful and lasting consequences for victims, families and communities.

Q) What are some factors that put a person at greater risk for becoming a victim of domestic or intimate partner violence?

- A. having a verbally abusive, jealous or possessive partner
- B. being female
- C. witnessing or experiencing violence as a child
- D. having a college education

A) A, B and C. Domestic or intimate partner violence can happen to anyone but there are factors (individual, relationship, community and societal) that play a role in becoming a victim.

Q) What are some factors that put a person at greater risk for becoming a person who commits domestic or intimate partner violence?

- A. low self-esteem
- B. anger and hostility
- C. low income
- D. desire for power and control in relationships
- E. all of the above

A) E. All of the above. Some risk factors for being a victim (the one who suffers) and a perpetrator (the doer) are the same. For example, being a childhood victim of physical and sexual abuse is a risk factor for becoming a victim and a perpetrator.

Q) Where can I call to find out more?

A) You can call the National Domestic Violence Hotline at 800-799-SAFE (7233). It provides crisis intervention and referrals to in-state or out-of-state resources, such as women's shelters or crisis centers.

Nutrition

Q) True or False? Eating more fruits and vegetables every day as part of a healthy eating plan may lower your chances of getting cancer, heart disease and stroke and other chronic diseases.

A) True. Today, more than 90 percent of all Americans do not eat the daily recommended amount of fruits and vegetables. The answer is simple...just eat more fruits and vegetables. If you are looking for specific recommendations that meet the new dietary guidelines for Americans and provide many helpful tips and suggestions on how to incorporate more fruits and vegetables into your daily eating plan visit www.fruitsandveggiesmorematters.org

Q) Which of the following food items are good sources of dietary fiber?

- A. beans
- B. blackberries
- C. whole grain cereals
- D. sweet potato
- E. all of the above

A) E. All of the above. Current recommendations for healthy adults are to get 20 to 30 grams of fiber a day through dietary food sources. Americans on average get about 10 to 13 grams a day. Fiber is found in whole grain food items such as cereals and breads, fruits and vegetables, beans, peas and nuts. There are many health benefits to eating enough fiber, including lowering blood cholesterol levels and assisting with digestive disorders. If you want to increase fiber, do so gradually by adding small amounts to your daily diet.

Q) Why is it important to reduce the saturated fat in the diet?

- A. It helps prevent many chronic diseases such as heart disease and stroke.
- B. It helps prevent clogging of the arteries.
- C. It helps with weight control and management.
- D. It helps lower blood cholesterol levels.
- E. All of the above

A) E. All of the above. The American Heart Association and other nutrition guidelines encourage all Americans to reduce their overall intake of saturated fat in their diets. On average, Americans consume 45 percent to 50 percent of their total daily calories from saturated fat sources. Saturated fat is found in animal products such as meat, high-fat dairy products and also in some processed foods. You should limit your intake of saturated fats to 10 percent or less of your daily fat calories. Healthier fat sources include monosaturated or polyunsaturated sources of fat such as olive oil, canola oil and nuts.

Q) Trans fats are considered unhealthy fat sources. Which of the following tips will lower your intake of trans fats?



- A. Choose liquid vegetable oils.
- B. Reduce eating commercially prepared baked goods and snack foods.
- C. Avoid deep-fried foods eaten away from home.
- D. Limit eating fast foods.
- E. Read food labels.
- F. All of the above

A) F. All of the above. According to the Institute of Medicine, there are no safe levels of trans fats. Try to replace saturated and trans fats with vegetable oils and other non-saturated fat sources.

Smoking

Q) When do most women start to smoke?

- A. during college
- B. as a teenager
- C. before age 12

A) B. Women who smoke usually start as teenagers--before high school graduation. The younger a girl starts to smoke, the more likely she is to become addicted to nicotine and continue to smoke into adulthood.

Q) True or False? Many women don't want to quit smoking because they fear they will gain weight.

A) True. However, research has shown that the average weight of current smokers is only modestly lower than weight of those who have never smoked or of long-term smokers. Consider also that smoking is associated with more prominent wrinkling of the skin. Women who smoke and use oral contraceptives greatly

increase their risk of heart disease and stroke compared with nonsmoking women who use oral contraceptives.

Q) What is the leading cause of cancer deaths among women?

- A. breast
- B. colorectal
- C. ovarian
- D. lung

A) D. Tobacco use accounts for nearly one-third of all cancer deaths. Tens of thousands of women will die this year from lung cancer, which has greatly surpassed breast cancer as the leading cause of cancer death among women. More than 90 percent of lung cancer deaths will be due to smoking.

Q) True or False? Second-hand smoke is not dangerous.

A) False. Second-hand smoke contains more than 4,000 chemical compounds. More than 60 of these are known or suspected to cause cancer. Children of parents who smoke have more frequent respiratory problems.

Q) In addition to cancer, smoking also can contribute to which of the following?



- A. heart disease
- B. stroke
- C. osteoporosis
- D. problems during pregnancy
- E. all of the above

A) E. All of the above. Smoking can increase your risk of heart disease, heart attack, stroke and osteoporosis (thinning and weakening of your bones). It can affect your ability to get pregnant. Smoking when pregnant increases your chances of spontaneous abortions, stillbirths and sudden infant death syndrome (SIDS) after birth.

Alcohol Abuse

Q) Which of the following are signs of a possible drinking problem?

- A. missing work or school because of a hangover
- B. having others criticize or comment on your drinking
- C. being arrested for drunk driving
- D. having a drink first thing in the morning (as an “eye opener”), to steady your nerves or to get rid of a hangover
- E. all of the above



A) E. All of the above. If one or more of these signs are true for you, you should consult your health care provider.

Q) True or False? Alcohol affects men and women in the same way.

A) False. Women are at greater risk than men for developing alcohol-related problems. Alcohol passes through the digestive tract and is dispersed in the water in the body. The more water available, the more diluted the alcohol. Usually women weigh less than men and, therefore, women have less water in their bodies than men. A woman's brain and other organs are exposed to more alcohol and toxic byproducts.

Q) Finish this sentence: Drinking during pregnancy...

- A. is dangerous for the baby.
- B. is no big deal.
- C. is OK if you have only one drink a day.

A) A. Drinking during pregnancy is dangerous. Fetal alcohol syndrome (FAS) may result in damage to brain development. Babies with FAS have distinctive changes in their facial features and they may be born small. Brain damage can result in lifelong problems with learning, memory, attention and problem solving. It's not known how much alcohol can cause problems or if there is a stage of pregnancy that is safer to drink. The best thing to do is to stop drinking if you have been drinking and not to start.

Q) Which of the following are consequences of unsafe drinking for women?

- A. The number of female drivers involved in alcohol-related fatal traffic crashes is going up.
- B. Alcohol causes long-term health problems including liver, heart and brain disease, and cancer.
- C. There is a greater risk of fetal alcohol syndrome especially for women in their 20s and 30s.
- D. Older women are more likely to be on medications that can cause problems when drinking alcohol.
- E. All of the above

A) E. All of the above. Fewer women than men drink. However, among the heaviest drinkers, women equal or surpass men in the number of problems that result from their drinking. Female alcoholics have death rates 50 percent to 100 percent higher than male alcoholics, including deaths from suicides, alcohol-related accidents, heart disease, stroke and liver cirrhosis.

Q) Heavy drinking is linked to the following:

- A. how a woman handles stress
- B. difficulty in relationships
- C. feeling lonely or depressed
- D. childhood sexual abuse
- E. all of the above

A) E. All of the above. Research confirms that one of the reasons people drink is to help them cope with stress. Also, it suggests that women who have trouble with their closest relationships tend to drink more than other women. Depression is closely linked to heavy drinking problems in women. Studies have found that women who suffered from childhood sexual abuse have a greater risk to have drinking problems.

Physical Activity

Q) Which type of exercise helps your heart the most?

- A. stretching
- B. aerobic exercise (walking, jogging, swimming, riding a bike, etc.)
- C. weight training

A) B. Your heart is a muscle, and aerobic activity can get your heart pumping, make you sweaty and quicken your breathing. Regular aerobic activity gives the heart a workout and improves the heart's ability to deliver oxygen to all parts of the body. Aerobic activity helps to prevent cardiovascular disease.

Q) What risk factors can be lowered with regular physical activity?

- A. high blood pressure
- B. diabetes
- C. obesity and being overweight
- D. heart disease
- E. all of the above

A) E. All of the above. Regular physical activity can lower blood pressure, reduce your risk for developing diabetes and heart disease, and help you lose weight.

Q) True or False? Physical activity helps with building healthy bones but not depression.

A) False. Physical activity actually helps with depression and anxiety and improves mood and sense of well-being.

Q) True or False? I don't have enough time in my day to exercise.

A) False. There are several ways to include physical activity in your day. These include taking the stairs instead of the elevator; walking during your breaks at work; leaving the car at home and walking to places in your neighborhood; walking your dog; parking farther away in the mall parking lot; doing housework at a faster pace; raking leaves; cutting the grass; or doing other yard work.

Q) True or False? There are no fun ways to get exercise.

A) False. Play and recreation are important for good health. Fun things you can do include: sight-seeing in a new city by walking or bicycling, dancing, playing tennis, golfing and swimming.

Tips On How To Talk To Your Health Care Provider

List your questions and concerns.

Describe your symptoms.

- When did the problems start?
- How do they make you feel?
- What triggers them?
- What have you done to feel better?

Give your doctor a list of your medications.

- This includes prescription drugs, over-the-counter medicines, vitamins, herbal products and supplements.

Be honest about your diet, physical activity, smoking, alcohol or drug use and sexual history.

Describe any allergies to drugs, foods, pollen, or other things.

- Don't forget to mention if you are being treated by other health professionals including mental health professionals.

Talk about sensitive topics.

- Be sure to talk about all of your concerns.
- If you don't understand the answers your doctor gives you, ask again.

Ask questions about any tests and your test results.

- Get instructions on what you need to do to get ready for the test.
- Ask if there are any dangers or side effects.
- Ask how you can learn the test results.
- Ask how long it will take to get test results.

Ask questions about your condition or illness.

- Ask how you can learn more about it.
- Ask what caused it.
- Ask if it is permanent.
- Ask what you can do to help yourself feel better.
- Ask about treatment options.

Tell your doctor or nurse if you are pregnant or intend to become pregnant.

- Some medicines may not be suitable for you.

Ask your doctor about any treatments he or she recommends.

- Ask about all your options for treatment.
- Ask how long the treatment will last.
- Ask if there are any side effects.
- Ask how much it will cost.
- Ask if it is covered by your health insurance.

Ask your doctor about any medicines he or she will prescribe for you.

- Make sure you understand how to take your medicine.
- Find out what you should do if you miss a dose.
- Ask if there are drugs or activities you should avoid when taking the medicine.
- Ask if there is a generic brand of drug you can use.

Ask more questions if you do not understand something.

Bring a family member or trusted friend with you.

- That person can take notes, offer moral support and help remember what was discussed.

Call before your appointment to tell the doctor's office if you have special needs.

- If you don't speak English well or you have a disability, they may be able to meet your needs.

Your Health Promotion Guide

Your risk for many health problems increases with age. So which checkups should you have, and when and how often should you have them? This depends on the status of your health and the recommendations of your health care provider. This chart can serve as a general guide.

Recommended Tests

Breast self-exams

Clinical breast exam

Pelvic exam
and Pap test

How Often

Once a month, preferably at the same time each month

Annually

Once a women has had three consecutive, negative Pap tests within a five-year period, she may get screened every three years

Mammogram	Age 40 and older, every one to two years
Height and weight	Discuss with your doctor
Blood pressure	At least every two years
Dental exam	Once or twice a year
Cholesterol	Discuss with your doctor
Glaucoma Screening	Every two to four years; after 65, every one to two years
Hearing	Every 10 years; after 50, every three years
Sigmoidoscopy	Age 50 and older, every five years when not having a colonoscopy
Colonoscopy	Age 50 and older, every 10 years
Bone density	As directed by physician
Vaccinations	How often
Influenza vaccine	Annually
Pneumococcal vaccine	Once, usually around age 65
Tetanus-diphtheria	Every 10 years

Resources

American Cancer Society
800-227-2345

U.S. Centers for Disease Control and Prevention
800-232-4636
www.cdc.gov

American Heart Association
800-242-8721

Illinois Domestic Violence
800-843-6154

Y-ME National Breast Cancer Organization
800-221-2141

National Cancer Institute
800-422-6237
www.nci.nih.gov

American Lung Association
800-548-8252

Illinois Department of Human Services
800-843-6154
www.dhs.state.il.us

U.S. Department of Health and Human Services
800-994-9662
<http://www.os.dhhs.gov/>
www.healthierus.gov

National Osteoporosis Foundation
888-266-3015

National Cancer Institute
800-422-6237
www.nci.nih.gov

U.S. Food and Drug Administration
888-463-6332
www.fda.gov

Illinois Department of Public Health
888-522-1282
www.idph.state.il.us
www.cancerscreening.illinois.gov

Illinois Department of Healthcare
and Family Services
217-782-1200
312-793-4792
www.hfs.illinois.gov



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Questions about women's health can be directed to

Women's Health~line

888-522-1282

TTY

(hearing impaired use only)

800-547-0466



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