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GET A CHECKUP ON MAY 11 – IT'S YOUR TIME!
-Women's Health Week is May 10–16, 2009-

ST. PETERSBURG – National Women's Health Week will begin on Mother's Day, May 10, 2009. This annual celebration empowers women to make their health a top priority. With the theme "It's Your Time," the nationwide initiative encourages women to take time for themselves for a longer, healthier and happier life.

On National Women's Checkup Day, Monday, May 11, women are encouraged to visit health care professionals to receive or schedule a checkup. Regular checkups are vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections and other conditions.

Regular checkups are important because:

- Screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier or more often than other women do.
- Screenings and routine care can help women lower their risks of many health conditions, including heart disease.

Women can participate in National Women's Checkup Day in several ways:

- Women should contact their current doctor or nurse to schedule checkups and screening services on National Women's Checkup Day.
- During their checkups, women should discuss with their health care professionals which tests are right for them, when they should have them, and how often.
- Women can prepare for their checkups with "A Checklist for Your Next Checkup," developed by the U.S. Department of Health and Human Services. It is located online at www.ahrq.gov/ppip/healthywom.htm.
- Women can learn what screenings and immunizations they need and at what age at by using the interactive screening chart and immunization tool, located online at www.womenshealth.gov/whw/health-resources/screening-tool/

DOH promotes, protects and improves the health of all people in Florida. For more information, contact your health care provider or the Pinellas County Health Department at www.pinellashealth.com or visit www.womenshealth.gov.

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