

health  chats
**WOMEN'S
HEALTH**





Dr. Rosemary Ku

Chief Medical Officer,
UnitedAg

MD, MBA, MPH



Today's Topics

01

**Unique Health Needs
for Women**

02

Myth Busters!

03

Lifestyle

04

UnitedAg


05

Q&A

Unique Health Needs for Women


- Cardiovascular Care
 - Heart disease
 - Stroke
- Endocrine issues
- Autoimmune conditions
- Arthritis
- Osteoporosis
- Urinary conditions
- Complications from sexually transmitted infections
- Mental health conditions
 - Anxiety
 - Depression
 - Post-traumatic stress disorder
 - Suicide attempts
 - Eating disorders





Myth #1: I've been feeling low energy and not great but I don't think I need to see the doctor.

- Cardiovascular disease
- Anemia
- Thyroid disorders
- Vitamin deficiencies
- Autoimmune conditions
- Mental health conditions
- Obstructive sleep apnea



Myth #2: If my doctor hasn't mentioned cancer screening, I must not need anything.

- Breast cancer
- Cervical cancer
- Colorectal cancer
- Lung cancer if you have a history of smoking
- Talk to your doctor about your personal and family history of cancer



Myth #3: You only need a gynecologist if you want to get pregnant .

- Cervical cancer screening
- Urinary issues
- Pelvic pain
- Menstrual issues, including menopause symptoms
- Birth control

Lifestyle Tips for Women

- Calcium, iron, folate
- Omega-3 fatty acids from food
- Avoid processed foods, especially trans fats
- Avoid tobacco and excessive alcohol
- Consider a lower carbohydrate diet you've been diagnosed with (pre)diabetes, gestational diabetes, hypertension, or polycystic ovarian syndrome
- Strength training and interval training
- Make stress management a priority



UnitedAg Resources



myStrength, Nutrition, Livongo
teladoc.com



Lifestyle Management Program
unitedag.org/wellness
877.877.7981



All Resources and Benefits
unitedag.org



Questions?

