

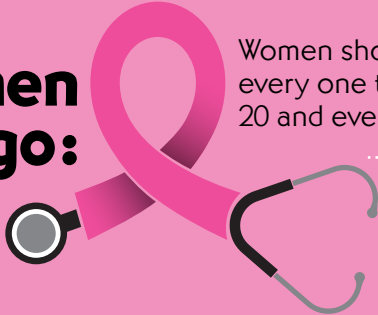
Knowledge is her power.

Women have control over their health, nutrition and lifestyle: when to go, what to do and when to do it.



BREAST HEALTH

When to go:



Women should have a clinical breast exam every one to three years starting at age 20 and every year starting at age 40.

A clinical breast exam may be recommended more frequently if you have a strong family history of breast cancer.

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methods provide complete breast cancer screening: clinical exams, breast self-awareness and mammography.

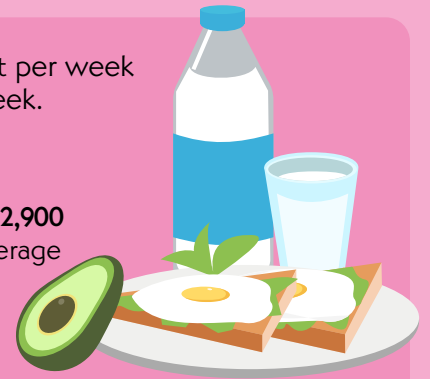
PREGNANCY

What to do:



Exercise: 150 minutes of aerobic activity spread out per week OR 30 minutes moderate exercise most days per week.

Nutrition: Most women will require 2,200-2,900 calories per day. Recommended total beverage intake: 10 cups per day.



Vitamins and minerals:

A health care provider may recommend supplements. These can include:

- Iron
- Folic acid
- Choline
- Iodine
- Calcium



Alcohol and caffeine:

Avoid alcohol to reduce the chance of behavioral or neurological defects. Energy drinks are not recommended. **Caffeine intake** should not exceed 200 mg daily (i.e., 12 oz. cup of coffee).



Safe food handling:

Pregnant women and their unborn children are more susceptible to food poisoning. Cook foods to minimum safe internal temperatures to prevent food poisoning. Avoid unpasteurized juice, milk and soft cheeses.



When to do it:

See your doctor:

See your health care provider once a year for a complete physical and for prenatal care and recommendations.



South Carolina