

Thrive

SELF-CARE IS NOT SELFISH

MAY TOOLKIT





SELF-CARE IS NOT SELFISH

Many women may have this picture in their heads that they can have the life they always wanted: parenthood, families, careers, relationships and being involved in community activities. Ultimately, they may give their best to everyone else, leaving little time or strength for themselves. According to an article on WebMD, recent research indicates that women are less happy now than in the past 40 years. It all points to taking little “me” time. Dr. Darling of the Cleveland Clinic explains what self-care means and why it is crucial for our physical and mental health. He said, “Self-care is just another name for taking care of yourself, which is vital for your health and well-being.” He believes you should start a self-care routine, first, by taking time each day to pause. Do an activity that promotes inner peace and calm. This helps to unwind from stress and get in touch with your needs. Here is a list of simple self-care ideas for beginners:

1. Spend time in nature, like gardening or walking barefoot in the grass or sand, a practice called grounding.
2. Go to bed early if you are tired.
3. Spend 10 to 15 minutes a day on a few simple yoga poses or stretches.
4. Try an Epsom salt bath.
5. Use a guided meditation app.
6. Read a book in your favorite chair before bed.
7. Take a walk around your neighborhood without a goal.
8. Do a craft.
9. Take a nap.
10. Sit on your front porch or deck without distraction – no phone!

PREVENTIVE SERVICES FOR WOMEN

Appropriate Screenings for Women: Based on Guidelines From the U.S. Preventive Services Task Force

What is the U.S. Preventive Services Task Force?

The task force is an independent, volunteer group of national experts in prevention and evidence-based medicine. The task force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services and preventive medicines. The recommendations apply to people with no signs or symptoms of the disease.

To develop a recommendation statement, task force members consider the best available science and research on a topic. For each topic, the task force posts draft documents for public comment, including a draft recommendation statement. All

comments are reviewed and considered in developing the final recommendation statement.

Always Talk to Your Doctor about Appropriate Screenings

Getting the best health care means making smart decisions about what screening tests, counseling services and preventive medicines to get and when to get them. Many people don't get the tests or counseling they need. Others get tests or counseling they don't need or that may be harmful to them.

Task force recommendations can help keep you healthy and prevent disease by teaching you about screening tests, counseling services and preventive medicines. The following table provides information about common screenings for women based on age.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
BLOOD PRESSURE	If there are no other risk factors, get screened every 3-5 years. If risk factors are present, get screened every year.	Get blood pressure checked every year.	Get blood pressure checked every year.	Get blood pressure checked every year.
BREAST CANCER		Recommended to talk with your doctor to determine whether screening is right for you.	Get screened every 2 years starting at age 50.	Get screened every 2 years up to 74 years old.
CERVICAL CANCER	Get screened starting at age 21 with Pap Smear every 3 years, or for women starting at age 30 who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Get screened with Pap Smear every 3 years, or, for women who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Get screened with Pap Smear every 3 years, or, for women who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Screening not recommended for women older than 65 who have had adequate prior screening and are not otherwise at high risk for cervical cancer.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
CHOLESTEROL	Starting at age 20, get a cholesterol test if you are at increased risk for heart disease.*	Get a cholesterol test if you are at increased risk for heart disease.	Get a cholesterol test if you are at increased risk for heart disease.	Get a cholesterol test if you are at increased risk for heart disease.
COLORECTAL CANCER (using fecal occult blood testing, sigmoidoscopy or colonoscopy)			Starting at age 50, get screened for colorectal cancer. Talk to your doctor about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor about which screening test is best for you and how often you need it.
DIABETES SCREENING		Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.
OVARIAN CANCER	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.
SKIN CANCER	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.
DENTAL EXAM	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.
EYE EXAM	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.

*You may be at increased risk of heart disease if you have any of the following:

1. Diabetes.
2. Previous personal history of heart disease.
3. Family history of cardiovascular disease before age 50 in male relatives or age 60 in female relatives.
4. Tobacco use.
5. High blood pressure.
6. BMI \geq 30.

RESOURCES

Final Recommendation Statement: High Blood Pressure in Adults: Screening. U.S. Preventive Services Task Force. April 2021.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/high-blood-pressure-in-adults-screening>

Final Recommendation Statement: Breast Cancer: Screening. U.S. Preventive Services Task Force. April 2021.

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/breast-cancer-screening1>

Final Recommendation Statement: Cervical Cancer: Screening. U.S. Preventive Services Task Force. March 2022.

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/cervical-cancer-screening>

Final Recommendation Statement: Lipid Disorders in Adults (Cholesterol, Dyslipidemia): Screening. U.S. Preventive Services Task Force. January 2023.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/lipid-disorders-in-adults-cholesterol-dyslipidemia-screening>

Final Recommendation Statement: Colorectal Cancer: Screening. U.S. Preventive Services Task Force. May 2021.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/colorectal-cancer-screening>

Final Recommendation Statement: Prediabetes and Type 2 Diabetes: Screening. U.S. Preventive Services Task Force. April 2021.

<http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/screening-for-abnormal-blood-glucose-and-type-2-diabetes>

Final Recommendation Statement: Ovarian Cancer: Screening. U.S. Preventive Services Task Force. February 2018.

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/ovarian-cancer-screening>

Final Recommendation Statement: Skin Cancer: Screening. U.S. Preventive Services Task Force. April 2023.

<http://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/skin-cancer-screening?ds=1&s=skin%20cancer>

Why Self-Care Isn't Selfish: Advice for Women

<https://health.clevelandclinic.org/why-self-care-isnt-selfish-advice-for-women/>