

## **Women's Health Week – May 11-17 Transcript**

11 to 17 May is National Women's Health Week and National Women's Check-Up Day Is May 12th. I encourage you to use national women's health week to schedule a checkup with your health care provider. Discuss relevant health issues with your physician and ask if there are any tests or procedures, for example a pap smear or mammogram, you should schedule now. While regular checkups improve your health, I can't stress enough the importance of promoting prevention through healthy behaviors. Remember the performance triad, adequate sleep, regular physical activity, and proper nutrition—is the primary key to promoting wellness. Your family counts on you to be healthy and resilient. I ask that each of you make your health a top priority. Happy mother's day!

Army medicine is, serving to heal ... honored to serve!