



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

Did you know...?

- Heart Disease is the number one killer of women. To honor Women's Health Week, PCHD will hold for the public:

Free Women's Blood Pressure Screening:



- Date: Monday May 10, 2010
 - Time: Noon - 2 p.m.
 - Place: Nursing Services Clinic
449 S. Meridian St.
Ravenna, OH 44266
First Floor (Across from WIC)
 - Cost: **FREE**
- PCHD offers Gardasil, the HPV vaccine that prevents most cervical cancers.
 - The Pink Ribbon Project provides free Pap tests and mammograms for eligible women. For more information, call the Nursing Services Clinic at (330) 298-4490.



Mammogram Van:

- Date: Thursday May 27, 2010
- Time: 9:00 a.m. – 3:30 p.m.
- Place: Portage Community Health Resources, Kent Ohio
- Call: 330-673-1016 for more info.

Questions or Comments?

Contact Us!

449 S. Meridian Street
Ravenna, Ohio 44266
Phone: (330) 296-9919

Email: pchd@portageco.com

<http://www.co.portage.oh.us/healthdepartment.htm>



May 9-15, 2010

National Women's Health Week begins on Mother's Day every year. The Portage County Health Department encourages women to:

- **Get a check-up.** Take time this week to schedule a physical exam, Pap test or a mammogram.
- **Learn your family history.** Knowing your family history can protect you and others.
- **Take a walk with a friend.** Exercise is more enjoyable with a partner.
- **Get more calcium.** Women are more likely to get osteoporosis, which makes bones weak and more likely to break.
- **Use sunscreen.** Damage from the sun can cause skin cancer, the most common cancer.
- **Check your blood pressure.** A healthy blood pressure lowers your risk of many diseases.

Learn more about women's health with the Centers for Disease Control and Prevention

www.cdc.gov/women/