



Jeb Bush
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.
Secretary, Department of Health

PINELLAS COUNTY HEALTH DEPARTMENT

Friday, May 05, 2006

FOR IMMEDIATE RELEASE

Contact:

Jeannine Mallory, Public Information Director
PINELLAS COUNTY HEALTH DEPARTMENT
727-824-6908 (for media use only)

National Women's Check-Up Day
Reconnect to Your Health

Chances are you've probably taken your child to the pediatrician or reminded your college student to schedule a doctor's appointment. But when was the last time you scheduled an appointment for yourself? Now is the time!

The fourth annual **National Women's Check-Up Day, Monday, May 15**, is a part of National Women's Health Week, coordinated by the U.S. Department of Health and Human Services.

Moms make sure their families stay healthy throughout the year, so the day after Mother's Day is "her time" to see the doctor. Many of the leading causes of death among women are preventable and treatable if the warning signs are caught early. Remind your mom, as well as other special women in your life, to make an appointment to get important life-saving screenings.

An exciting part of National Women's Health Week 2006 is the WOMAN Challenge, a national effort to get women across the nation on the move. The eight-week challenge starts on Mother's Day, and participants can register at www.womenshealth.gov/whw. Participants will receive a free pedometer and walking log to help them meet their walking and movement goals as they begin their steps toward healthier living.

HHS also offers "A Lifetime of Good Health: Your Guide to Staying Healthy," in both English and Spanish. This helpful guide explains what tests and screenings are important based on age and background. The guide is available by calling 1-800-944-9662 or by visiting www.womenshealth.gov/pub/PG.htm

For more information about a variety of women's health topics, please visit www.PinellasHealth.com or www.PinellasWellness.com

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The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.
www.PinellasHealth.com