



A CUP OF HEALTH WITH CDC

For the Ladies in Our Lives

National Women's Health Week — May 8–14, 2011

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[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC — safer, healthier people.

[Dr. Gaynes] Welcome to *A Cup of Health with CDC*, a weekly feature of the *MMWR*, the Morbidity and Mortality Weekly Report. I'm your host, Dr. Robert Gaynes.

Whether they are a mother, daughter, wife, grandmother, girlfriend, or sister, our wish for these special women is that they are happy and healthy.

Yvonne Green is director of CDC's Office of Women's Health, and she's joining us today to discuss ways women can improve of their chances for living a long and healthy life. Welcome to the show, Yvonne.

[Ms. Green] Thank you.

[Dr. Gaynes] Yvonne, what is the life expectancy for women in the U.S.?

[Ms. Green] For women, it's eighty point four years.

[Dr. Gaynes] What about for men?

[Ms. Green] Men – seventy five point four years, so there's a five year difference in life expectancy between males and females.

[Dr. Gaynes] Why do women tend to live longer than men?

[Ms. Green] Good question - lots of theories. We don't really know, specifically, but we can assume it's everything from women getting better education over the years, to women not being involved in some activities that may have placed men at higher risk. So it's probably a combination of issues and reasons.

[Dr. Gaynes] What are health issues that are unique for females?

[Ms. Green] Anything that's related to pregnancy or childbirth, of course, are unique to women - anything having to do with the female reproductive system. But there are some issues that occur in men and women but are more common in women, such as osteoporosis, Lupus, migraine headaches, rheumatoid arthritis, depression.

[Dr. Gaynes] So what are the leading causes of death for women?

[Ms. Green] The leading causes of death are first - heart disease; second – cancer; third – stroke; fourth – chronic lower respiratory diseases, which include bronchitis, emphysema, and asthma; and then fifth – Alzheimer’s disease.

[Dr. Gaynes] Yvonne, what can women do to improve their chances for living a long and healthy life?

[Ms. Green] Adding healthy living doesn’t take a lot of money, time, or expertise. We each can incorporate simple activities every day, such as eating healthy; getting the recommended physical activity most days of the week, which is two and a half hours per week; not smoking; protecting ourselves, such as washing our hands, getting immunizations, wearing seat belts and helmets; handling stress and taking care of our mental health; and of course, getting our needed check-ups.

[Dr. Gaynes] Where can listeners get more information about women’s health?

[Ms. Green] You can get more information about women’s health at www.cdc.gov/women.

[Dr. Gaynes] Thanks, Yvonne. I’ve been talking today with CDC’s Yvonne Green about women’s health.

Remember - women can improve their chances for living a long and healthy life by exercising regularly, eating a healthy diet, not smoking, and getting periodic checkups. Encourage the special ladies in your life to make healthy choices daily.

Until next time, be well. This is Dr. Robert Gaynes for *A Cup of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO, 24/7.