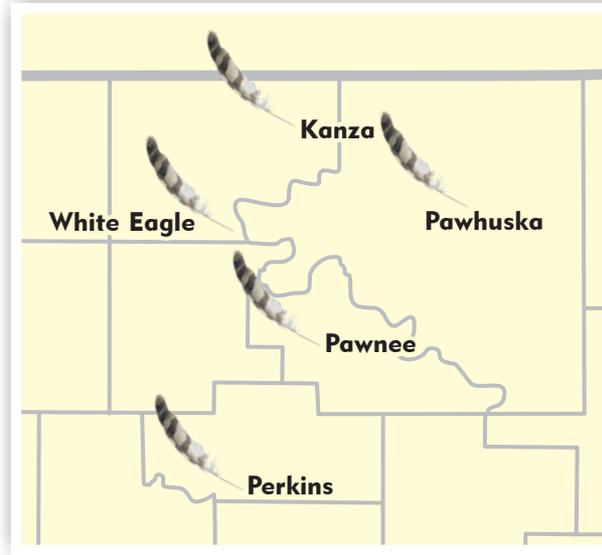




*To laugh often and much;  
 To win the respect of intelligent people and affection of children;  
 To earn the appreciation of honest critics and endure the betrayal of false friends;  
 To appreciate beauty, to find the best in others, to leave the world a little bit better whether by a healthy child, a garden patch or a redeemed social condition;  
 To know even one life has breathed easier because you have lived, this is to have  
**Succeeded.***



**Kaw Women's Health Program**  
 3151 East River Road  
 P.O. Box 474  
 Newkirk, OK 74647  
 Office 580-362-1039  
 Fax 580-362-1467



**Contact your clinic to schedule an appointment with Kaw Nation Women's Health Program**

**Kanza 580-362-1039**

**White Eagle 580-765-2501**

**Pawnee 918-762-2517**

**Pawhuska 918-287-4491**

**Perkins 405-547-2473**



Sponsored by  
 U.S. Department of Health and Human Services  
 Division of Cancer Prevention and Control  
 4470 Buford Highway NE  
 Atlanta, GA 30341-3717

# KAW NATION WOMEN'S HEALTH PROGRAM



# Cervical health

**Early detection is the best prevention**

Funded through cooperative agreement with Centers for Disease Control and Prevention

# Your family depends on your health

Be aware of cervical health. You should get a **Pap test and pelvic exam** about three years after beginning to have sexual intercourse, but no later than age 21 — then every one to two years. This is the American Cancer Society recommendation.

Beginning at age 30, if you have had three normal pap tests in a row, your doctor may recommend screening every two to three years. Another option for women over 30 is having a pap test every three years plus the **HPV test** for the human papilloma virus.

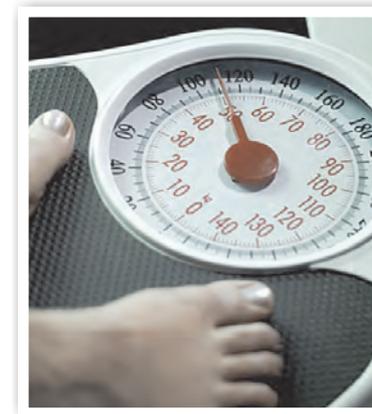
Contact your clinic to schedule an appointment with the **Kaw Nation Women's Health Program**. The Women's Health Program partners with your nearby clinic to provide screening and diagnostic health services throughout the Pawnee Service Area. Exams are performed by a female Nurse Practitioner/CDC Screener.



## 1 TIPS TO MANAGE WEIGHT

Excess weight is a risk factor for many diseases, including heart disease, diabetes and cancers of the breast, uterus, colon, rectum and more

- ⌘ Check with your doctor to determine what your optimal weight range should be. Also, check with your doctor before engaging in any exercise program.
- ⌘ Eat a well-balanced diet.
- ⌘ Drink six to eight (8-ounce) glasses of water daily. Drinking water before meals helps curb your appetite.
- ⌘ Keep a food diary of your eating pattern — where, what and when.
- ⌘ “Get physical” for at least 60 to 90 minutes on most days of the week if you want to lose weight, maintain a weight loss, or avoid gaining weight. Include weight-bearing exercises such



as walking, dancing or step aerobics to lower your risk of osteoporosis at the same time.

- ⌘ Strength-training exercises with free weights or resistance machines on alternate dates increases muscle tone and burn calories more efficiently.
- ⌘ Learn to manage stress so you don't respond by overeating.
- ⌘ Unless weight gain is your goal, stop eating when you are no longer hungry.
- ⌘ Practice portion control.
- ⌘ To keep motivated, plan non-food rewards for improvements in your weight management.