



National Women's Check-Up Day Fact Sheet

What is National Women's Check-Up Day?

National Women's Check-Up Day is a nationwide effort, coordinated by the U.S. Department of Health and Human Services' Office on Women's Health, to:

- Encourage women to visit health care professionals to receive or schedule a checkup.
- Promote regular check-ups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted diseases, and other conditions.

When is National's Women's Check-Up Day?

The sixth annual National Women's Check-Up Day will be held on Monday, May 12, 2008, during National Women's Health Week.

Why is it important for women to participate in this effort?

It is important for women to get regular check-ups because:

- Screening tests, such as mammograms and Pap smears, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others.
- Many of the leading causes of death among women can be successfully prevented or treated if the warning signs are caught early enough.

How can women participate in this important event?

Women can participate in National Women's Check-up Day in several ways:

- Women should contact their current health care providers or one of the participating health care providers to schedule check-ups and screening services on National Women's Check-up Day.
- During their check-ups, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often.
- Women can prepare themselves for their check-ups with "A Checklist for Your Next Check-up," developed by HHS' Agency for Healthcare Research and Quality, which can be found at <http://www.ahrq.gov/ppip/healthywom.htm>.

For information about hosting or participating in this and other National Women's Health Week activities, visit the National Women's Health Week Web site at <http://www.womenshealth.gov/whw> or call (800)-994-9662 (TTY: (888) 220-5446).