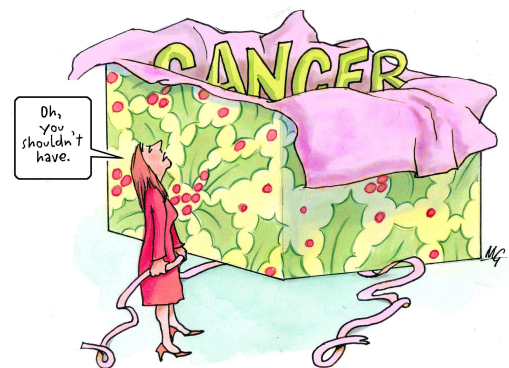


What You Must Know

- What is your family history?
 - Cancer
 - Diabetes
 - Heart disease
 - Hypertension
 - Arthritis
 - Glaucoma
 - Cataracts
 - Kidney disease
 - Asthma
- What is YOUR history?
- What are your risk factors?
 - Smoking
 - Weight
 - Current medical profile
 - Family history
 - Your history
- What's happening in your body?
 - Vision problems
 - Cognitive issues
 - Sleep problems
 - Unrelieved/unmanaged stress
 - Changes in menstrual cycle
 - Perimenopause + menopause
 - Fertility problems
 - Headaches

Share all of this with your doctors.

KEEP RECORDS—use online resources



What You Must Do

- Get enough rest
- Take care of YOURSELF first (airplane rules!)
- Talk to your doctor or nurse practitioner about any changes in your body or health
- Think about your habits, and change what doesn't serve you
- Look at food labels, avoid
 - High sodium
 - High saturated fat
 - High fructose corn syrup (it's everywhere!)
- Find foods high in
 - Vitamin A (orange and red vegetables and fruits)
 - Vitamin C (citrus fruits)
 - Vitamin D (catfish, salmon, soy milk)
 - Calcium (dairy products, sardines)
 - Omega-3 fatty acids (walnuts, soybeans, salmon)

Be in charge. TAKE charge.

Be active, and take an active approach to your health, and health care

Take a walk.

Play outside with your kids.

Play indoors with your spouse—sex is great exercise ;D

