



KNOW YOUR NUMBERS

What Women Need To Know To Ask Their
Healthcare Provider

“If a woman does not perceive heart disease to be a part of her illness experience ~ she will not institute preventive interventions nor will she respond appropriately”

Nanette Wenger, MD
Emory University


A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against a blue background.

Lydia Pinkham

Developed an elixir
for “all ills of the
female”

Pfizer still has the
patent today

MRS. LYDIA E. PINKHAM, OF LYNN, MASS.,



Woman can Sympathize with Woman. Health of Woman is the Hope of the Race.

Good for Health
Lydia E. Pinkham

LYDIA E. PINKHAM'S
VEGETABLE COMPOUND.

Is a Positive Cure

for all these Painful Complaints and Weaknesses
so common to our best female population.

It will cure entirely the worst form of Female Com-
plaints, all ovarian troubles, Inflammation and Ulcera-
tion, Falling and Displacements, and the consequent
Spinal Weakness, and is particularly adapted to the
Change of Life.

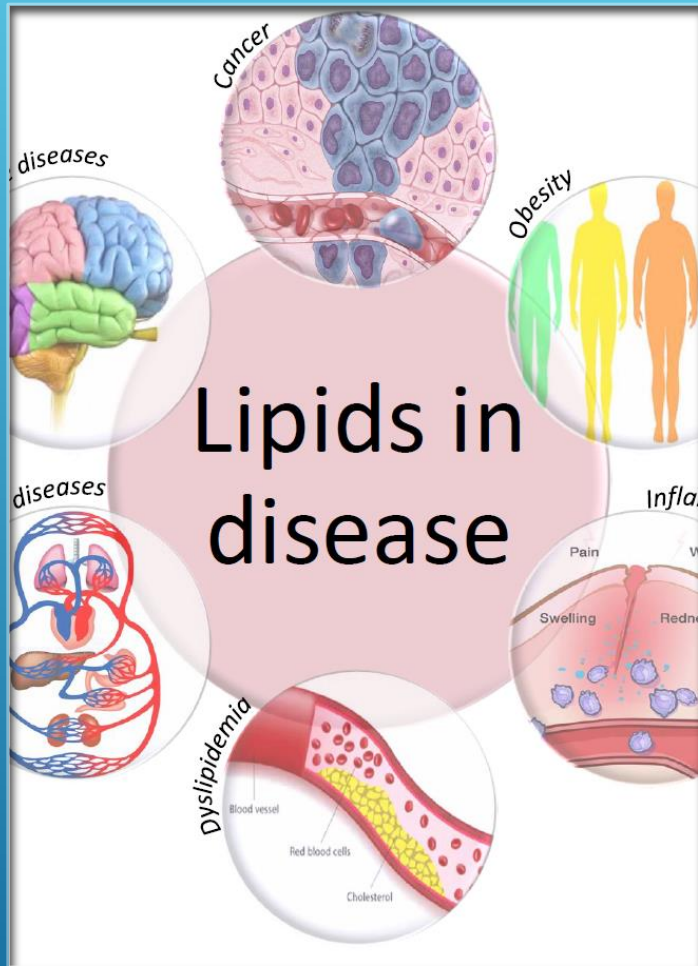
It will dissolve and expel tumors from the uterus in
an early stage of development. The tendency to can-
cerous humors there is checked very speedily by its use.

It removes faintness, flatulency, destroys all craving
for stimulants, and relieves weakness of the stomach.
It cures Bloating, Headaches, Nervous Prostration,
General Debility, Sleeplessness, Depression and Indi-
gestion.

That feeling of bearing down, causing pain, weight
and backache, is always permanently cured by its use.

It will at all times and under all circumstances act in
harmony with the laws that govern the female system.

For the cure of Kidney Complaints of either sex this
Compound is unsurpassed.



KNOW YOUR NUMBERS

Lipid Numbers

Total Cholesterol

HDL

LDL

Triglycerides



KNOW YOUR NUMBERS

Blood Pressure

Systolic/Diastolic



KNOW YOUR NUMBERS

Blood sugar levels



KNOW YOUR NUMBERS

Weight



KNOW YOUR NUMBERS

Steps - Activity



KNOW YOUR NUMBERS

Exercise time

Intensity

Heart rate



KNOW YOUR NUMBERS

How much do you
smoke?



KNOW YOUR NUMBERS

How much do you
drink?



KNOW YOUR NUMBERS

Take charge of your
Health!