



ONEIDA COUNTY
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Oneida County Stresses Importance of Women's Health *Awareness Raised for National Women's Health Week*

In recognition of National Women's Health Week, Oneida County officials are urging women to make their health a top priority.

The U.S. Department of Health and Human Services designates this special week, recognized May 12-18 to encourage all women to be as healthy as possible.

According to Oneida County Executive Anthony J. Picente Jr., there are certain conditions that are specific to or more concerning for women, and should be considered when looking at overall health.

Heart disease is the leading cause of death nationally, in New York State, and in Oneida County, but many women still do not recognize it as their number one health threat. It is important to know women often have different symptoms than men and almost two-thirds of women who die suddenly of coronary heart disease have no previous symptoms.

"It is so important to keep in control those factors that most often lead to coronary disease: high blood pressure, high cholesterol, obesity and smoking," Picente said. "The purpose of this week is to highlight how important it is that women make themselves and their health a priority."

Preventative screenings are important to address top cancer threats for women: breast, ovarian and cervical. Health officials recommend regular well-visits in addition to physician recommended screenings.

According to the Mayo Clinic, women are nearly twice as likely as men to be diagnosed with depression and anxiety, which can occur at any age. Paying attention to one's mental health and learning about the warning signs and symptoms of depression and anxiety can help identify when to seek help.

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For overall good health, and to prevent chronic disease and other health threats, women are urged to:

- Learn new ways to eat healthfully.
- Get enough sleep each night.
- Try to manage stress.
- Avoid unhealthy behaviors.
- Make time to exercise and stay active.

“Every woman, every person, has their own unique path to developing and maintaining a healthy lifestyle,” said Oneida County Director of Health Phyllis D. Ellis, MSN, BS, F.A.C.H.E. “It’s a lifelong journey with its own reward.”

The Office of Health and Human Services’ Office of Women’s Health is offering a “Find Your Health” Quiz at: <https://www.womenshealth.gov/nwhw/find-your-health>.

A wide range of health information and programs can be found on the Oneida County Health Department website at www.ocgov.net/health or by calling (315) 798-6400.