



## Indian Health Service

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### National Women's Health Week "Picking Up on Health"

by

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Yesterday began the 4th annual National Women's Health Week. Today is National Women's Check-up Day. Across the country, health teams have organized community health check-up screenings for cholesterol, blood pressure, depression, hearing, and bone density. There are health lectures planned on women's health topics and health education programs at senior centers, health departments, and other community meeting places during the week. I commend the Indian Health Service, tribal health programs, and urban Indian health teams for focusing on this national educational campaign aimed at increasing awareness of women's health issues.

On this day, May 12, our health teams have arranged to provide education materials on high blood pressure, diabetes, obesity, HIV AIDS, Cancer, Osteoporosis, Lupus, and more. Our health teams work tirelessly to provide health information and services so that American Indian and Alaska Native woman can make knowledgeable choices about effective steps they can take to improve their health.

Today is a time to encourage your mothers, grandmothers, daughters, and sisters to visit a health clinic and make an appointment for a check-up. Many diseases can begin without symptoms and, if detected early, can be successfully treated. Our susceptibility to some diseases changes just because of the aging process, and preventive check-ups can ensure that we live longer and healthier lives because preventive actions or early treatment can delay or eliminate the onset of some chronic diseases and illnesses, such as diabetes, diseases of the heart, and some cancers.

I am proud that the Indian Health Service, tribal health programs, and urban Indian health clinics have a dedicated workforce that provides women and their families the encouragement, guidance, and access to health information and resources that they need to improve their chances for a long and healthy life. I believe we are making a difference. Thank you for your work on behalf of American Indian and Alaska Native women.

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