Health tips for women

From preventive care and disease management to pregnancy and childbirth, women have unique health care needs at all ages. And now's a great time to renew your focus on health.

Know your body

Women are at higher risk of developing certain conditions and diseases than men, with the leading causes of death for women including heart disease, cancer, and diabetes. Find out about considerations for women's health.

Learn about pregnancy

From common symptoms and tests to newborn care, get tips to help you look after yourself and your new baby at every step of the way.

Keep risk factors in check

Most women between the ages of 40 and 60 have one or more risk factors for heart disease and may not even realize it. Learn how BMI and waist size increase your health risks.

Scan the QR code or visit kp.org/womenshealth to learn more about women's health.

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