

Learn about women's health issues

To celebrate the 100th anniversary of the U.S. Food and Drug Administration (FDA), the FDA's Office of Women's Health and the Federal Citizen Information Center have a gift for you—a free kit of 10 health publications.

With practical tips on everything from asthma to depression, the kit is filled with helpful information that every woman can use for herself, her family, and friends—and every man can share with the women in his life: wives, daughters, mother, sisters, aunts, cousins, friends and co-workers.

What will you learn about women's health? For example, it's a myth that heart disease is only a man's disease. In fact, one out of every three women will die of a cardiovascular disease. Protect yourself or someone you care about by consulting the Women's Health Kit to find out the signs of heart disease are and what heart-healthy steps to take to lower the risks.

Also included is important information on other health problems that can affect both men and women, including strokes and lung cancer.

Another example: Looking for the right vitamins to help supplement your diet? With so many

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different products available on the shelves of your local supermarket and drug store, women may feel overwhelmed by all the options. Use the Women's Health Kit to get the facts on over-the-counter drugs and dietary supplements, so you can make an informed decision.

Many women not only want to feel good, they also want to look good. And make-up, whether it's a favorite shade of lipstick or brand of mascara, can help them reach that goal. But did you know that almost all cosmetics, particularly those that contain alpha hydroxy acids, can cause skin problems and allergic reactions? Learn more about this topic with the Women's Health Kit, which includes tips for using cosmetics safely.

Help yourself and the women you love to stay healthy by sending for your free Women's Health Kit today. There are three easy ways to order:

- Send your name and address to **Women's Health Kit, Pueblo, Colorado 81009**.
- Visit **www.pueblo.gsa.gov/rc/n37womenshealthkit.htm** to read or print out these and hundreds of other federal publications for free.
- Call toll-free **1 (888) 8 PUEBLO**. That's 1 (888) 878-3256, weekdays 8 a.m. to 8 p.m. Eastern time and ask for the Women's Health Kit.