

WOMEN'S HEALTH

Leading causes of female mortality



Breast Cancer is the leading cancer killer among women aged **20-59 years**.



Every day about **800 women** die due to **complications of pregnancy and childbirth**.



Women die more often from **stroke** than men.



Women with **diabetes** outnumber men.



Every year, **Chronic Obstructive Pulmonary Disease** (lung disorder) kills more women than men.



1 in 4 women die of **heart disease**.

Managing lifestyle habits is more important than ever

20%

of smokers worldwide are women.

X2

Unipolar Depression is twice as common in women.

15%

of the women worldwide are obese.

Women can improve their own health by



Regular checkups and screening



Being physically active



Following a healthy diet



Paying attention to mental health

Sources:
WHO (www.who.int)
Center for disease Control and Prevention, based on U.S. data (www.cdc.gov)
NIH (www.nih.org)
Consumer Health Products Canada (www.chpcanada.ca)

Disclaimer: This document is for information purpose only and is neither medical advice nor meant to substitute you consulting your doctor.

USAID (www.usaid.gov)
Women's Heart Foundation (www.womensheart.org)
American Diabetes Association (www.diabetes.org)
Trade Arabia, based on UAE online survey (www.tradearabia.com)