

Public Health Toolkit **SOCIAL MEDIA**



Women's Health

POST: Each woman experiences and copes with menopause differently. Simple lifestyle adjustments may help with mild symptoms, but severe symptoms can greatly affect your wellbeing. If these changes begin to bother you, talk to your doctor about treatment options that are right for you.

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/menopause-treatment.html>

TWEET: Menopause and perimenopause affect every woman differently. Know your options.

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/menopause-treatment.html>

POST: Women, 'like' and share this in support of other women getting regular screenings and check-ups. Get the latest resources on women's health.

http://www.health.ny.gov/community/adults/women/?utm_campaign=facebook&utm_source=lhd&utm_medium=social

TWEET: Get the latest resources on women's health. Be sure to get regular screenings and check-ups.

http://www.health.ny.gov/community/adults/women/?utm_campaign=twitter&utm_source=lhd&utm_medium=social

POST: Pregnant and need to apply for Medicaid? Know where to apply to.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/apply_for_coverage.htm?utm_campaign=facebook&utm_source=lhd&utm_medium=social

TWEET: Pregnant and need to apply for Medicaid? Know where to apply to.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/apply_for_coverage.htm?utm_campaign=twitter&utm_source=lhd&utm_medium=social

POST: Are you pregnant? Be sure your healthy lifestyle includes iron-rich foods such as lean meats, fish, dry beans, eggs, nuts, and fat free milk. Not getting enough iron during pregnancy can increase your risk of having a small or early (preterm) baby. Babies born too early are more likely to have health problems than infants born at full term. Get the best prenatal care with these tips and resources.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/?utm_campaign=facebook&utm_source=lhd&utm_medium=social

TWEET: Get enough iron when pregnant to help decrease the risk of having a small/early baby. Get prenatal care resources.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/?utm_campaign=twitter&utm_source=lhd&utm_medium=social

POST: If you're pregnant, make sure you're getting the care you deserve with these helpful links.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/helpful_links.htm?utm_campaign=facebook&utm_source=lhd&utm_medium=social

TWEET: If you're pregnant, make sure you're getting the care you deserve with these helpful links.

http://www.health.ny.gov/community/pregnancy/health_care/prenatal/helpful_links.htm?utm_campaign=twitter&utm_source=lhd&utm_medium=social