



Health and Wellness

Diseases and Conditions

Reproductive Health

Printables and Shareables

About Us

Health and Wellness

- Getting Active
- Healthy Eating
- Healthy Weight
- Mental Health
- Relationships and Safety

Popular Topics

- Caregiver stress
- Folic acid
- Heart-healthy eating
- Iron-deficiency anemia
- Stress and your health

All A-Z health topics

Featured Blog Post

*I learned I could get fit and enjoy the benefits of exercise through activities that I actually enjoy, such as dancing and walking with friends.*

Getting More Exercise and Why It's Worth It  
Jay El Alexander | May 17, 2018

What health information can we help you find today?

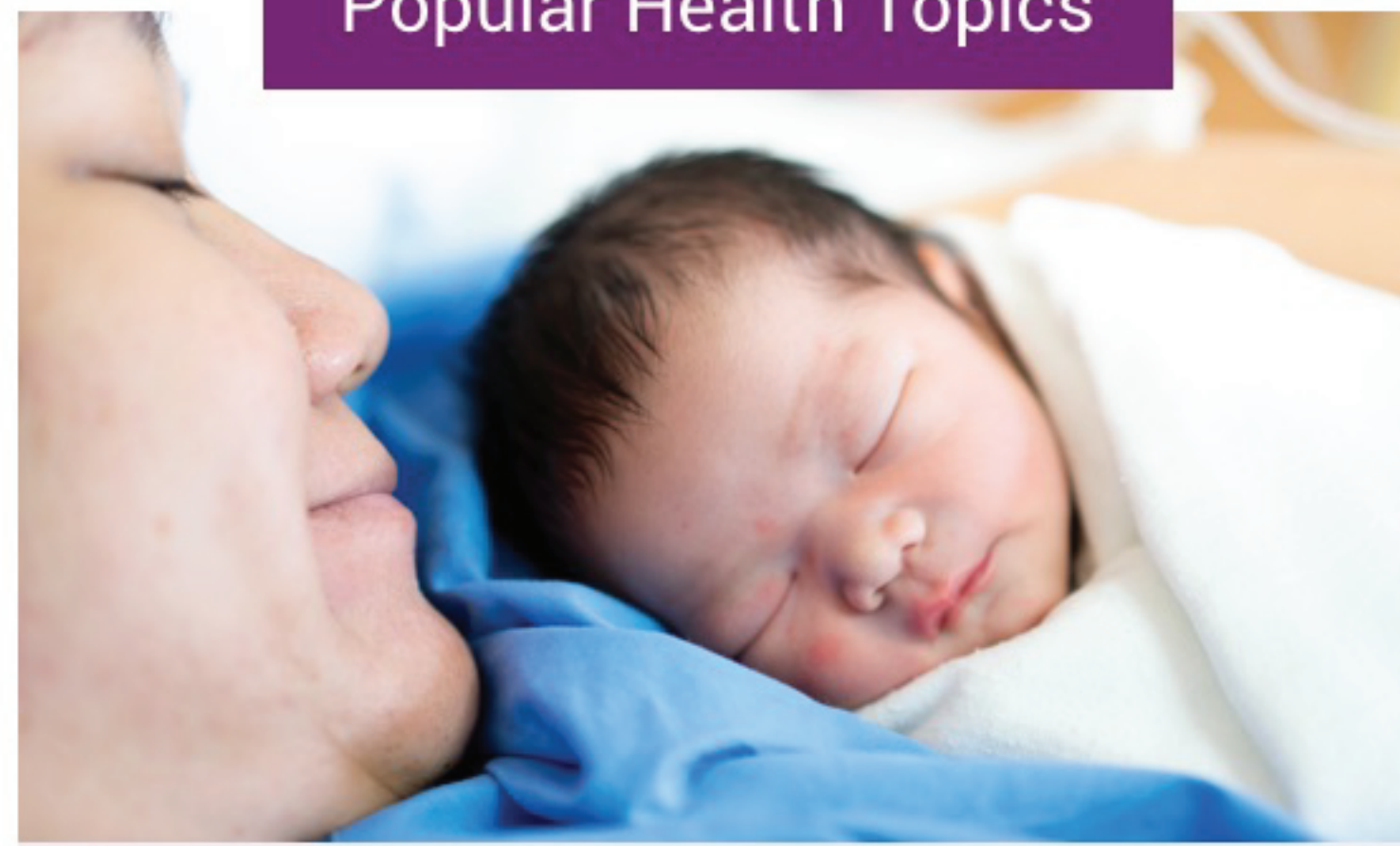
I'm looking for information on...



A-Z Health Topics



**Heart Disease and Stroke**  
Five ways stroke affects women differently than men



**Reproductive Health**  
What is the difference between BV and a vaginal yeast infection?  
Treatment options for PCOS for women who want to try to get pregnant



**Healthy Weight**  
Could reaching a healthy weight help me get pregnant?

**Autoimmune Diseases**  
What autoimmune diseases affect women, and what are their symptoms?

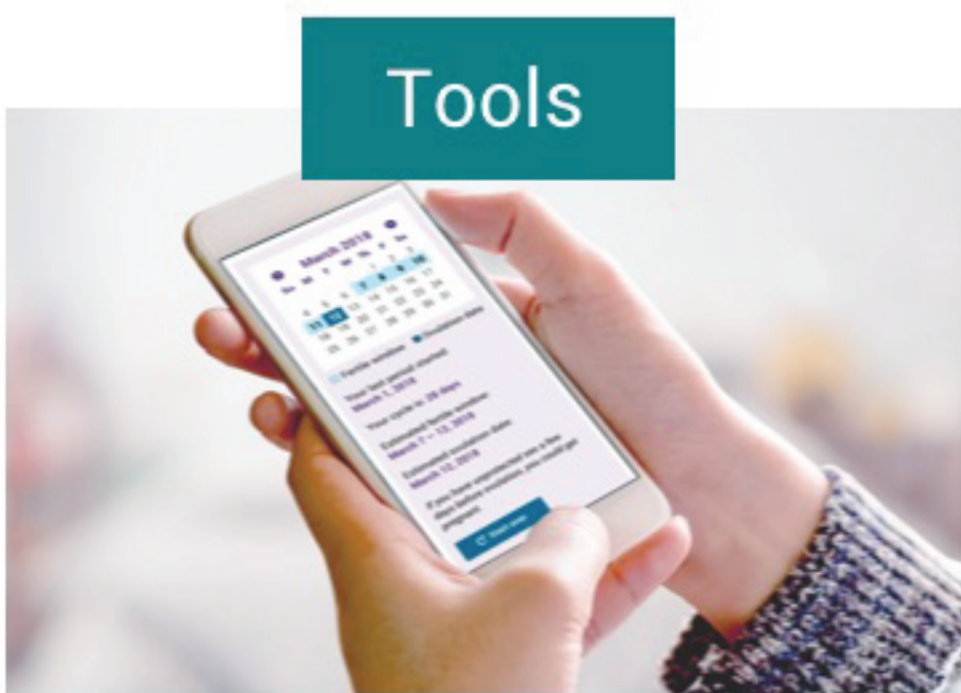
**Thyroid Disease**  
What are the signs and symptoms of hypothyroidism?

Women's Health Blog

“Doctors are here to guide us and support us, but ultimately, the decisions we make about our bodies are our own.”

**Reproductive and Sexual Health**  
Making the Best Decisions for Your Body  
Nicole Greene | April 12, 2018

View all blog posts



**Tools**  
Ovulation Calculator: Learn 3 Ways to Keep Track of Your Fertile Times



**Save the Date**  
Make your health a priority this National Women's Health Week: May 13-19, 2018



**Health Professionals**  
Help your patients take better care of their health by directing them to reliable health information.



What steps can you take for better health?

Whether you're in your 20s or your 90s, we've got you covered.

Get personalized tips

Have health questions?

Call the OWH Helpline for information and resources.

**1-800-994-9662** 9 a.m. - 6 p.m. ET  
Monday - Friday

Subscribe to receive OWH updates

Submit

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About Us

- Who we are
- What we do
- Work with us
- Our vision and mission

Programs and Activities

- Health Information Gateway
- It's Only Natural
- Make the Call, Don't Miss a Beat
- National Women and Girls HIV/AIDS Awareness Day
- National Women's Health Week
- Supporting Nursing Moms at Work

Popular Topics

- Autoimmune diseases
- Breastfeeding
- Carpal tunnel syndrome
- Depression
- HIV and AIDS
- Menstruation
- Polycystic ovary syndrome (PCOS)
- Pregnancy
- Thyroid disease

Find Help

- Get breastfeeding help
- Get health care
- Get health insurance
- Get help with family planning
- Get help with mental health
- Find girls' health information

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