

Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

FALL ISSUE • OCTOBER 2026

October Spotlight: Women's Health

This month, we're highlighting information about women's health. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these articles about women's health from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the **ES** icon in the top right corner.

- [Urinary tract infection in women - self-care](#)
- [Cuidados personales - las infecciones urinarias en las mujeres](#)
- [Choosing the right health care provider for pregnancy and childbirth](#)
- [Escoger el profesional médico apropiado para el embarazo y el parto](#)

These additional links from other health organizations offer more information about women's health:

- [5 of the most common questions about menopause](#)
- [Osteoporosis](#)
- [Caring for others: Resources to help you](#)
- [Heart health for women](#)
- [Dietary supplements: Tips for women](#)
- [Polycystic ovary syndrome \(PCOS\)](#)

Healthy recipes

- [Chicken-vegetable soup with orzo and spinach](#)
- [Universal marinade and grilled or roasted meat and vegetables](#)
- [Teriyaki salmon with cauliflower rice](#)
- [Mini bananas foster pudding cups](#)

Mental health awareness

October is National Depression and Mental Health Screening month. Just like regular physical checkups, taking a few minutes to check in on your emotional well-being is vital. If you or a loved one has been feeling overwhelmed, stressed or down, you can take a free and completely anonymous test using the [Mental Health America Online Screening Tool](#). It's a simple, quick way to prioritize your health this month.



Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

[It's open enrollment time!](#)

Brush up on these common health benefits terms so you're a savvy health care consumer.

[A new approach to breast cancer treatment](#)

Find out why doctors are turning to more personalized treatments and targeted therapies.

[Recipe: Pozole with chicken](#)

As the weather cools down, enjoy this stew made with hominy, red chile sauce and shredded chicken.

Find the entire [Fall issue](#) here!