

# Women are uninformed about their own health

MDVIP study reveals American women fail to get the facts or care they need to address their greatest health risks.



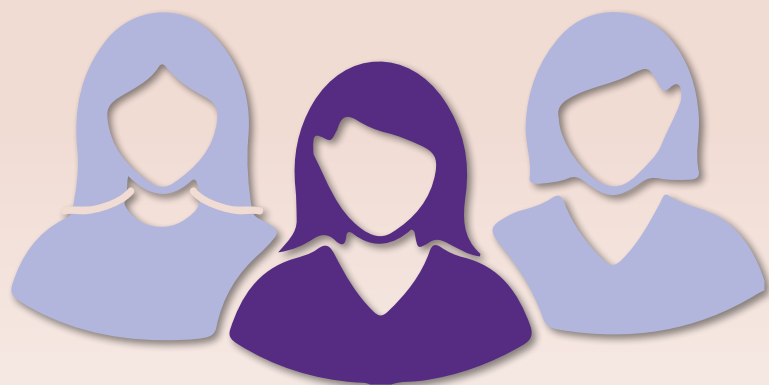
## 94% of Women Fail Women's Health IQ Quiz

- 91%** *don't know* heart disease is the #1 killer of women
- 81%** *don't know* Pap test only screens for cervical cancer
- 73%** *don't know* lack of sleep can damage the brain
- 69%** *don't know* drinking alcohol increases breast cancer risk



## DOCTOR-PATIENT DISCONNECT

Most women say primary care doctors are important to their health, but many feel their concerns are being dismissed.



### Roughly 1 in 3 women

- felt rushed during an appointment
- say their concerns weren't taken seriously
- wish their doctor spent more time on women-specific issues

## GENERATIONAL GAP

Women ages 20-34 are less engaged than women age 55+ and are more frustrated with their healthcare experience.



**62% vs. 32%**

said scheduling an appointment can be a chore

**61% vs. 29%**

put off seeing a doctor until their symptoms were urgent

**55% vs. 13%**

delayed seeing a doctor due to time constraints

**44% vs. 11%**

felt too embarrassed to bring up certain health issues



## MENTAL HEALTH MATTERS

More than half of all women are worried about their mental health, but most aren't seeking support.

**64%**  
*never* discuss depression with their doctor

**52%**  
*never* discuss anxiety with their doctor

**24%**  
take/have taken medication for depression/anxiety

This number jumps to **78%** and is the #1 concern *among women 20-34*



## TAKE ACTION



- ▶ Take the Women's Health IQ Quiz at [mdvip.com/womenshealthIQ](https://mdvip.com/womenshealthIQ).
- ▶ Schedule a visit with your primary care doctor.
- ▶ Listen to your body and be your own best advocate.

### ABOUT THE SURVEY

These are the findings from an Ipsos poll conducted on behalf of MDVIP. Learn more about the survey results and methodology at [mdvip.com](https://mdvip.com).