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Subject: [BLOG]: Things I Wish I'd Known When I Was Younger

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Things I Wish I'd Known When I Was Younger

By: Dr. Nancy Lee, Director, Office on Women's Health (OWH), U.S. Department of Health and Human Services

I am 64 years old. There, I admit it. Women don't always want to admit their age, but there is one really good thing about seeing the decades roll by: I finally appreciate that "women's health" means different things at different times.

For this year's National Women's Health Week, we're focusing on what steps women can take at different ages and stages to live a healthier life. And now that I am older, I'd like to share some of my thoughts on things I wish someone had told me when I was younger. [\[MORE\]](#)

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