



W.E. H.E.L.P.

(Wellness Education-Helping Each other Learn Prevention)

Coastal AHEC
May 2008



WOMEN'S WELLNESS!!!

"May I never miss a sunset or a rainbow because I am looking down" ~Anonymous

- Inspire yourselves! In May, focus on improving your quality of life. Encourage all the women you know to take action this month and regain control of their health!
- Please share this newsletter with all your friends, family and coworkers.

Featured Topics:

- * National Women's Week
- * Women's Health 101
 - * Health Exams
 - * Health Concerns
- * Q & A: Real Women Answer Real Life Questions
- * Recipe: Chocolate Oatmeal Cookies



National Women's Wellness Week!

May 11, 2008 to May 17, 2008

- National Women's Wellness Week 2008 is coming up and Coastal AHEC urges you to take part! The 9th annual week kicks off on Mother's Day, May 11th and is celebrated until May 17th. With the theme "It's Your Time: Get Inspired. Get Healthy." The weeklong health observance empowers women across the country to get healthy by taking action. National Women's Wellness Week also encourages women to make their health a top priority and take simple steps for a longer, healthier and happier life. For more information on how to participate and to find local events in your area, please visit www.womenshealth.gov/whw.

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Women's Health 101

Having regular health exams is very important in everyone's lives. Based on your age, health history, lifestyle, and other health issues, you and your health care provider can determine how often you need to be examined and screened for specific health conditions. It is very crucial that you participate in the appropriate screenings for not only early detection but also to help prevent illnesses.



Screening Tests	Ages 18-39	Ages 40-49	Ages 50-64	Ages 65+
Thyroid Test	Start at age 35 and then every 5 years	Every 5 years	Every 5 years	Every 5 years
Blood Pressure Test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol Test	Start at age 20 (Discuss with your doctor or nurse)	Every 5 years (Discuss with your doctor or nurse)	Every 5 years (Discuss with your doctor or nurse)	Every 5 years (Discuss with your doctor or nurse)
Diabetes	Discuss with your doctor or nurse	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Pap Test and Pelvic Exam	Every 1-3 years if you have been sexually active or older than 21	Every 1-3 years	Every 1-3 years	Discuss with your doctor or nurse
Sexually Transmitted Infections (STI) tests	Both partners should get tested for STIs including HIV before initiating sexual intercourse	Both partners should get tested for STIs including HIV before initiating sexual intercourse	Both partners should get tested for STIs including HIV before initiating sexual intercourse	Both partners should get tested for STIs including HIV before initiating sexual intercourse
Mammogram	Discuss with your doctor if breast cancer runs in your family	Every 1-2 years (Discuss with your doctor or nurse)	Every 1-2 years (Discuss with your doctor or nurse)	Every 1-2 years (Discuss with your doctor or nurse)
Skin Health: Mole Exam	Monthly mole self exam; by a doctor every 3 years starting at age 20	Monthly mole self exam; by a doctor every year	Monthly mole self exam; by a doctor every year	Monthly mole self exam; by a doctor every year

****Information provided by The U.S. Department of Health and Human Services (www.womenshealth.gov)**

Women's Health 101 (cont.)

Women's Health Concerns:

Menopause, Perimenopause, Heart Disease— all are concerns many women face. It is important to properly educate yourself on these health issues. Research (from credible websites) and speaking with your health care provider are just a few ways to find answers for all your questions. Below is a brief description of these concerns. The following information is provided by the Center for Disease Control and Prevention (www.cdc.gov) and The U.S. Department of Health and Human Services (www.womenshealth.gov).

So what's the deal with these two terms?

Menopause and Perimenopause are often terms people confuse.

- * Menopause is a normal change in a woman's body when her period completely stops. Menopause is ONE day in a woman's life. That ONE day takes place exactly 12 months after the date of her last period.
- * Perimenopause is the time leading up to menopause when you start noticing menopause-related changes. This is often referred to as "being in menopause" or "going through menopause." During this time, a woman's body slowly makes less of the hormones estrogen and progesterone. This often happens between the ages of 45 and 55 years old. However, every woman varies and some may experience this at a much younger age.

Signs and Symptoms:

- * Hot flashes
- * Night sweats
- * Trouble sleeping
- * Changes in patterns of period
- * Vaginal dryness
- * Mood swings
- * Memory problems
- * Hair loss or thinning of hair

Treatments:

Lifestyle changes, hormone therapy, and even "natural" treatments are several methods for helping a woman deal with menopause. It is important to talk with your doctor to discuss all the options and to see what will work best for you. Make sure you ask your doctor about the pros and cons (risk factors) of all the different treatments.

Lifestyle Changes: What are some simple ways I can adjust my life to help deal with menopause?

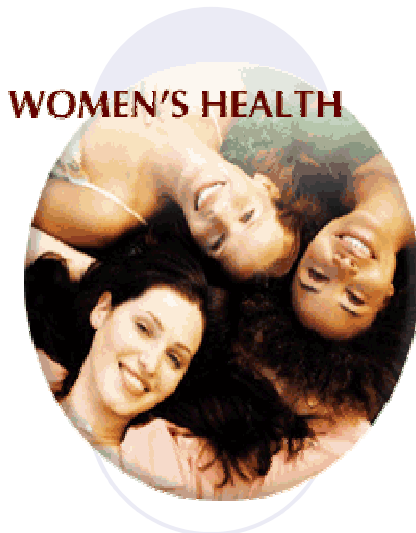
- * **Eat Healthy:** Taking care of your body is very important during this stage in your life. Your risks of developing osteoporosis (extreme bone loss) and heart disease increase. Calcium is an essential bone building mineral as well as Vitamin D, Vitamin K, and Potassium. Fill up on these nutrients to help keep your body fracture-free! Below are a few great food sources that provide these important vitamins and minerals.
 - * **Calcium:** Milk, Cheese, Yogurt
 - * **Vitamin D:** Salmon, Shrimp, D-fortified milk
 - * **Vitamin K:** Broccoli, Spinach
 - * **Potassium:** Sweet Potato, Nonfat yogurt, bananas

- * **Participate in Regular Physical Activity:** Physical activity helps maintain a healthy weight, boosts your mood, keeps your bones strong and helps you sleep better. Try to get at least 30 minutes of exercise most days of the week!
- * **Manage Stress:** Find healthy ways that will personally help you cope with stress.

Heart Health Alert!! Did you know that heart disease is the LEADING cause of death in women? In 2002, heart disease was responsible for approximately 356,014 deaths in women while breast cancer was responsible for about 41,534 deaths in women. By engaging in regular physical activity, eating healthy, maintaining a healthy weight and being smoke-free, you can greatly reduce your risk of developing this deadly disease!



*Find out how women of your community feel about these everyday issues!!



Q & A: Real Women Answer Real Life Questions:

- **How do you make sure you get a good night's sleep?**
 - "I like to take a shower, watch T.V., turn the light off and relax"
 - "I try to avoid caffeine after dinner, staying up until I'm really, really tired and then watching a little T.V. or reading before I turn the lights out"
 - "I like to unwind by watching an hour of T.V. and making sure I don't go to bed too late"
- ♦ **How do you relieve stress?**
 - "Getting a massage from my husband, pedicures, shopping, flower arranging and jewelry making"
 - "Cleaning, going for a walk or exercising, or by talking to someone about what is stressing me out"
 - "Taking a hot bubble bath"
 - "I relieve stress by venting to my friends who care to listen over Starbucks"
- ♦ **What do you value most in your life?**
 - "My relationship with Christ and Family"
 - "God, my family and my friends. When things go wrong or when you're really down, those are the things I value because they are always constant and always what matters when it comes right down to it"
 - "The three "F's" - Faith, Family and Friends. Interactions in all three areas allow me to receive energy and peace both internally and externally. Without any one of these my life would be completely out of balance"
 - "My family and friends and my personal success"

Featured Recipe!!! Chocolate Oatmeal Cookies

Ingredients:

- 1/2 cup raisins
- 1/2 cup whole wheat flour
- 1/4 cup unsweetened applesauce
- 1/2 cup all purpose flour
- 3/4 cup confectioners' sugar
- 1/2 cup packed brown sugar
- 1/4 cup canola oil
- 1 teaspoon vanilla
- 1/2 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 cups rolled oats
- 3 tablespoons unsweetened cocoa powder
- 1 large egg

Steps:

1. Preheat oven to 350 degrees. Coat baking sheets with nonstick spray.
2. In a small bowl, combine the whole-wheat flour, all purpose flour, cocoa powder, baking powder, baking soda, salt and cinnamon.
3. In a large bowl, combine the applesauce, oil, brown sugar, confectioners' sugar, egg and vanilla. Mix until well blended. Add the flour mixture and mix well. Stir in the oats and raisins. Drop by rounded teaspoonfuls onto the prepared baking sheets.
4. Bake for 10-12 minutes or until very lightly browned. Remove cookies to a wire rack to cool.

Per Serving:

Calories: 61
Calories from fat: 16
Cholesterol (mg): 5
Sodium (mg): 60
Carbohydrates (gm): 11

