

Women's Health 101



Leading Causes of Death for Women

All Females, All Ages

- 1) Heart disease
- 2) Cancer
- 3) Stroke
- 4) Chronic lower respiratory diseases
- 5) Alzheimer's disease
- 6) Unintentional injuries
- 7) Diabetes
- 8) Influenza and pneumonia
- 9) Kidney disease
- 10) Septicemia



Do You Know the Difference?

Heart Attack

- What is a Heart Attack?
- What are the signs?

Stroke

- What is a stroke?
- What are the signs?

Fact: Heart disease kills six times as many women as breast cancer.

Source: Mayo Clinic

Causes of Heart Disease/Stroke

- Healthy Arteries vs. Damaged Arteries
- Plaque build up
- Hardening and narrowing of the arteries
- Danger of fatty deposits
- Blood clots
- Atherosclerosis

Good News: Lifestyle changes can significantly decrease your risk for heart disease and stroke.

Risk Factors

Uncontrollable Risk Factors

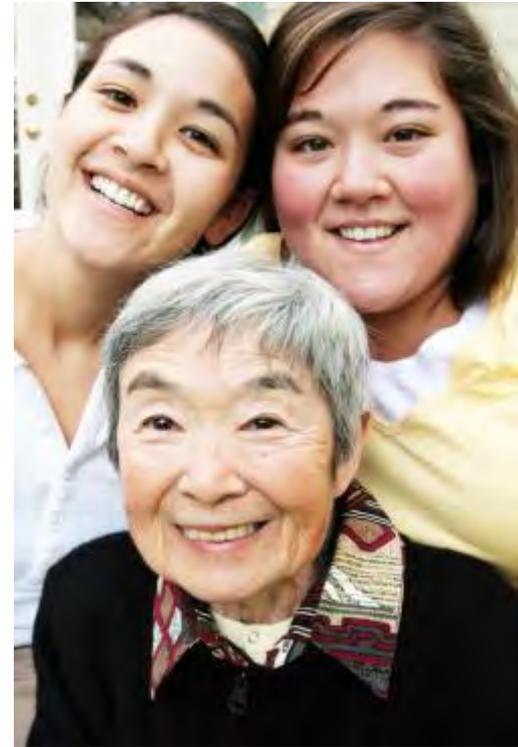
- Age
- Men: >45 years
- Women: >55 years
- Sex
- Race
- Family history

Controllable Risk Factors

- Smoking
- Alcohol
- Poor diet
- Overweight/obesity
- Diabetes
- Physical inactivity
- High cholesterol
- High blood pressure

Seven Steps to a Healthier You!

- Know your numbers
 - Cholesterol (LDL=lousy, HDL=healthy)
 - Triglycerides
 - Blood pressure
 - Glucose
- Maintain a healthy weight
- Stay physically active
- Manage stress
- Do not smoke
- Do not drink alcohol excessively
- Eat heart healthy



Cancer Prevention

- Avoid smoking and second-hand smoke
- Practice safe sex
- Get regular pap smears
- “No thanks” to alcohol
- Eat a low-fat sensible diet
- Protect yourself from the sun
- Maintain a healthy body weight
- Know your family history of cancer
- Get moving!



Myths of Breast Cancer

1. Most women with breast cancer have a family history
2. Mammograms do more harm than good
3. Once you are diagnosed with breast cancer decisions need to be made very quickly
4. I'm too young or too old

Osteoporosis

FACTS:

- One out of every two women age 50 and older will have an osteoporosis-related fracture in their lifetime.
- One out of every four men age 50 and older will have an osteoporosis-related fracture in their lifetime
- Characterized by low bone-mineral density (BMD).
- Osteoporosis characterized by low bone-mineral density (BMD).
- 20% of senior citizens who suffer a hip fracture die within a year of fracture
- 20% of individuals with a hip fracture end up in a nursing home within 1 year
- 300,000 hospitalizations/year are related to osteoporosis
- Direct care costs \$18 billion/year

Osteoporosis Prevention

- Under age 25 attain higher peak bone mineral density
- Over age 25 maintain or improve bone mineral density
- Exercise for prevention:
 - 30 minutes of weight-bearing exercise (walking or jogging) three times a week is all it takes
 - Physical activity reduced the risk of bone-breaking falls by 25%
 - Aerobic: walking, running, cycling
 - Resistance exercises: weight training

Osteoporosis Prevention - Nutrition

Food sources of calcium:

- Cheese
- Low fat milk
- Fortified juices
- Cream soups
- Pudding
- Yogurt
- Canned fish with edible bones
 - Canned salmon, sardines, and mackerel are good choices
- Milk used in cooking, such as in mashed potatoes
- Calcium supplements
 - Calcium lactate is best, calcium carbonate least absorbable.

Recommended calcium intake mgs/day:

- Birth- 6 months: 210
- 6 months-1 year: 270
- 1-3 years: 500
- 4-8 years: 800
- 9-18 years: 1300
- 19-50 years: 1000
- 51 + years: 1200 milligrams/day

Behaviors to Avoid

- Limit caffeine (in teas, sodas, and coffees)
- No smoking
- Limit alcohol to 8 ounces 2 -3 times a week
- Stop yo–yo dieting
- Over working and burning out
- Extreme caregiving



Importance of Screenings

- Mammograms (possible breast ultra sounds as well)
- Pap Smears
- Blood Pressure
- BMI
- Colonoscopy
- Up to date on Immunizations
- Special Screening based upon your family history



Menopause

Risks and Symptoms

- Decrease in estrogen puts you at greater risk for bone loss and osteoporosis
- Risk of heart disease increases with menopause
- Many women experience hot flashes, mood swings and difficulty sleeping

Lifestyle Remedies

- Eat a healthy diet and control your weight
- Get enough Calcium and Vitamin D
- Get plenty of exercise
- Don't smoke
- Control your blood pressure and cholesterol
- Consider hormone therapy

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