

Women's Health

Presented by

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Overview

- Health Statistics and Screening Guidelines
- Healthy Eating for Women
- Leading Causes of Death
 - Risk Factors
 - Prevention/Screenings
- Mental Health
- Total Wellness

US Women Health Statistics, CDC 2013

- **13%** of women 18+ in fair or poor health
- **14%** of women 18+ who currently smoke
- **39%** of women 20+ who are obese
- **33%** of women 20+ who have high blood pressure
- **46%** of women 18+ met the 2008 federal physical activity guidelines for aerobic activity
- **67%** of women 40+ who have had a mammogram in last 2 years

Health Differences Between Men and Women

- Osteoarthritis affects more women than men in the U.S.
- The effect of STIs on women can be more serious than on men.
- Women are more likely to die following a heart attack than men.
- More women than men suffer a stroke each year.
- More women experience reproductive health issues and disorders than men.
- Women are more likely to be diagnosed with depression than men.

Screenings

Preventive Screenings	Frequency
Physical	Annually
Blood Pressure Testing	Annually or as recommended by physician
Cholesterol Testing	Annually or as recommended by physician
Diabetes Screening	If blood pressure > 130/85 or as rec by physician
HIV Testing	At least once in lifetime, discuss with physician
Syphilis, gonorrhea, and chlamydia	If at risk for STIs or are pregnant
Pelvic Exam	Annually

Immunizations

Immunization	Indication
Influenza vaccine	All ages, annually
Human Papilloma Virus vaccine	Age 9 up to age 26
Meningococcal vaccine	Anyone living in close quarters (military installations, college dorm, etc.)
Tetanus-diphtheria-pertussis booster	All ages, every 10 years
Pneumococcal vaccine	Once at age 65, sooner if risk factors such as asthma, COPD, diabetes, auto-immune disorder
Herpes Zoster (Shingles) vaccine	Once, after age 60

Healthy Eating for Women



- A healthy daily diet includes:
 - At least three 1-ounce servings of whole grains such as whole-grain bread, cereal, pasta, brown rice, or oats.
 - 3 servings of low-fat or fat-free dairy products such as low-fat or fat-free milk, yogurt, or cheese
 - 5 to 6 ounces of protein such as lean meat, chicken, turkey, fish, eggs, beans, or nuts
 - 2 cups of fruits – fresh or frozen is best without added sugar
 - 2.5 cups of colorful vegetables – fresh or frozen with little or no added salt

Healthy Eating for Women

- Iron rich foods
 - Iron helps with energy levels in women.
 - Food sources: red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and fortified breads and cereals.
 - Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods.
 - Eat fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.
- Folic Acid during Reproductive Years
 - At least 400 micrograms of folic acid a day.
 - Food Sources: Citrus fruits, leafy greens, beans and peas naturally contain folate. There are many folic acid fortified foods such as cereals, rice and breads.

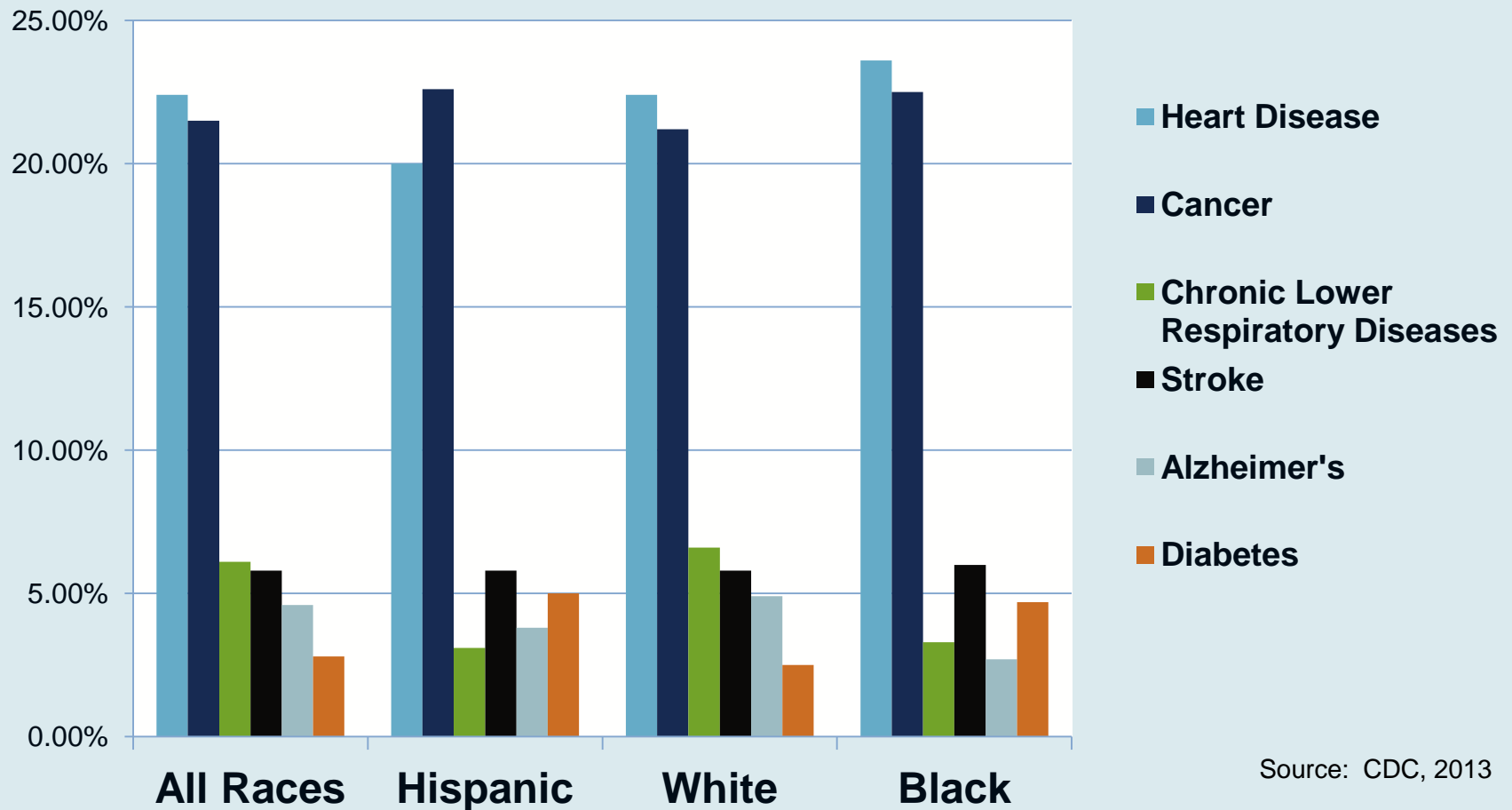


Healthy Eating for Women

- Calcium
 - Calcium keeps bones strong and prevents osteoporosis.
 - Food sources: low-fat or fat-free milk, yogurt and cheese, sardines, tofu (if made with calcium sulfate) and calcium-fortified foods including juices and cereals.
- Foods to limit
 - Soft drinks, sugar-sweetened beverages, candy, baked goods, fried foods
 - Alcohol intake to one drink per day
 - Full-fat dairy and meat products

Leading Causes of Death, Females

Leading Causes of Death by Race/Ethnicity, All Females - US 2013



Source: CDC, 2013

Heart Disease

- In the U.S., **1 in 4** women die from heart disease.
- The most common cause is narrowing or blockage of the coronary arteries, and it happens slowly over time. At its most severe, it can cause heart failure.
- There may be no symptoms of heart disease, and when they do occur, they can include chest pains, shortness of breath, weakness and fatigue, or fainting.



Preventing/Managing Heart Disease

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 260	Calories from Fat 120		
% Daily Value*			
Total Fat 13g	20%		
Saturated Fat 5g	25%		
Trans Fat 2g			
Cholesterol 30mg	10%		
Sodium 660mg	28%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 5g			
Protein 5g			
Vitamin A 4%	Vitamin C 2%		
Calcium 15%	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9	*	Carbohydrate 4	*
		Protein 4	

- Have your blood pressure checked
- Have your lipids and cholesterol checked
- Manage your conditions and take medications as prescribed
- Exercise for 30 minutes, most days of the week
- Use less salt - current recommendation is < 2300 mg daily
- Limit saturated fat and trans fat
- Limit sweets, added sugars, and sugar-containing beverages.

Know the Signs of a Heart Attack

- The signs of a heart attack can be different for women than they are for men:
 - Chest pain, heavy ache or pressure
 - Pain in your upper body – arms, neck, jaw, back, or upper stomach
 - Shortness of breath
 - Breaking out in a cold sweat
 - Unusual or unexplained tiredness
 - Feeling dizzy or light-headed
 - Feeling sick to your stomach



Cancer

- Cancer occurs when old cells do not die when they should or are damaged. Normally the body repairs or destroys such cells, but when these cells grow out of control, a tumor can form.
 - Benign tumors: do not spread to other parts of the body
 - Malignant tumors: can invade and destroy healthy tissues and organs and can also spread to other parts of the body and form new tumors
- The risk of cancer can be inherited genetically or can be caused by being exposed to a harmful substance such as a virus, certain chemicals, or radiation. Sometimes more than one cause is involved.

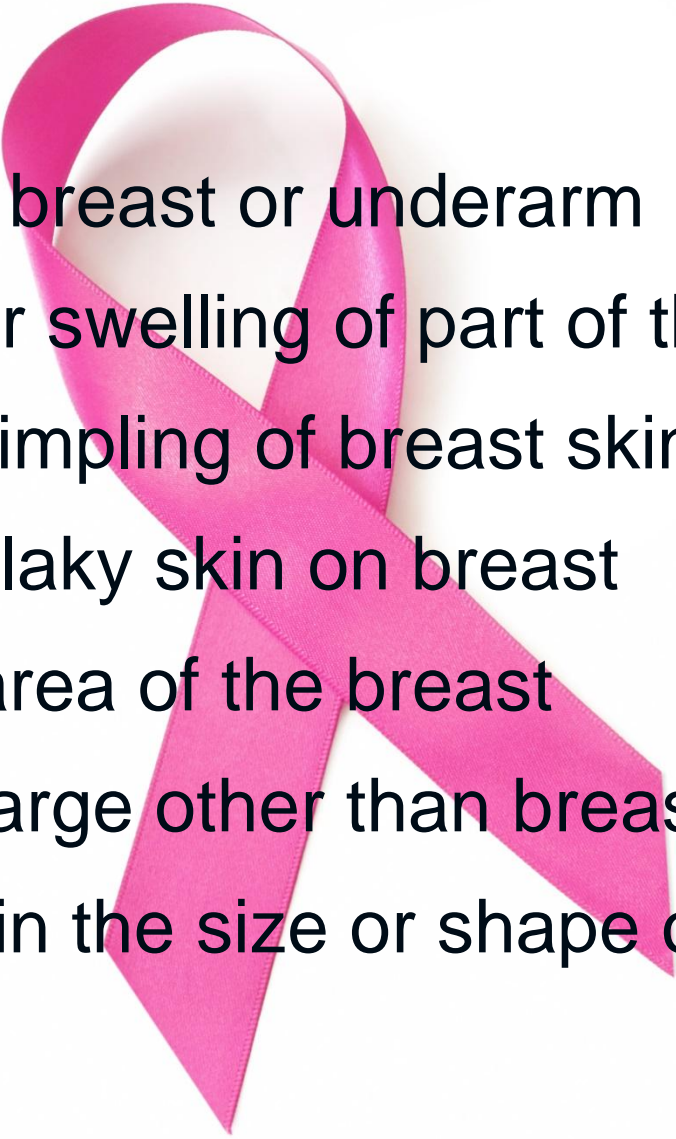
Common Cancers in Women

- **Breast**
 - The most common cancer in women, no matter race or ethnicity; most common cause of cancer death among Hispanic women
- **Lung**
 - More people die from lung cancer than any other type of cancer
- **Colorectal**
 - Second leading cause of cancer-related deaths in US
- **Skin**
 - Most common form of cancer; incidence of melanomas is less common
- **Ovarian**
 - Most common reproductive cancer in women; when this cancer is found in earlier stages, treatment works best
- **Uterine**
 - Most commonly diagnosed gynecological cancer
- **Cervical**
 - Used to be the leading cause of cancer death for women until regular pap tests

Warning Signs of Cancer

- Most types of cancer have early warning signs that something is wrong, such as:
 - A change in bowel or bladder habits
 - A sore that does not heal
 - Unusual bleeding or discharge
 - Thickening or a lump in the breast or other parts of the body
 - Indigestion or difficulty swallowing
 - A change in a wart or mole
 - A nagging cough or hoarseness

Warning Signs of Breast Cancer

- 
- New lump in breast or underarm
 - Thickening or swelling of part of the breast
 - Irritation or dimpling of breast skin
 - Redness or flaky skin on breast
 - Pain in any area of the breast
 - Nipple discharge other than breast milk
 - Any change in the size or shape of the breast

Cancer Screening

Cancer Screening Tests

Type of cancer	Test or Exam	Who Should Be Screened	When
Breast	Mammography	Women 40+	Every 2 years; 75 and older, ask physician if you need to be screened
Cancer of cervix	Pap test	Women 21-29 Women 30+	Every 3 years with HPV test every 5 years Every 5 years with HPV test
Colon and rectal	Colonoscopy, fecal occult blood testing, or sigmoidoscopy	Women 50+	Talk to your doctor about which screening test is best for you and how often

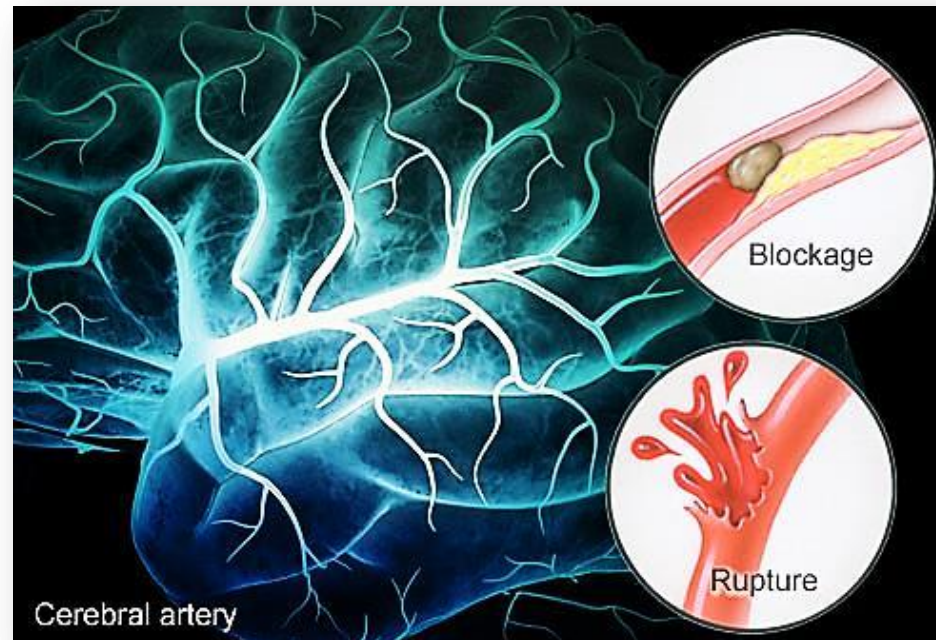
Lifestyle Changes to Reduce Cancer Risk

- Do not smoke
- Limit intake of fat (especially saturated and trans fat)
- Eat high fiber foods
- Get regular health checkups and have recommended tests and exams
- Exercise most days of the week for 30 minutes
- Limit sun exposure and use sun block
- Limit number of sexual partners
- Limit alcohol intake



Stroke

- A stroke occurs when part of the brain doesn't get the blood it needs.
 - **Ischemic Stroke:** most common; blood is blocked from getting to the brain, often because the artery is clogged with fatty deposits or a blood clot.
 - **Hemorrhagic Stroke:** blood vessel in the brain bursts, and blood bleeds into the brain; can be caused by an aneurysm – a weak spot in an artery that can burst



Who Is at Risk for Stroke?

- Stroke risk increases with age – for every 10 years after age 55, the risk doubles and 66% of all strokes occur in people 65 or older.
- Stroke risk doubles for a woman if someone in her immediate family has had a stroke.
- African-American women have more strokes and have a higher risk of death/disability from stroke.
- Women who smoke, have high blood pressure, atrial fibrillation, heart disease or diabetes are at a higher risk.

Signs of a Stroke

- The most common signs are:
 - Sudden numbness or weakness of face, arm, or leg (mainly on one side of the body)
 - Sudden trouble seeing in one or both eyes
 - Sudden trouble walking, dizziness, or loss of balance
 - Sudden confusion or trouble talking or understanding speech
 - Sudden bad headache with no known cause
- Symptoms unique to women:
 - Sudden face and arm or leg pain, hiccups, nausea, tiredness
 - Sudden chest pain or shortness of breath
 - Sudden racing heartbeat

FAST – Face, Arm, Speech, Time

Stroke Prevention

- Experts think that up to 80% of strokes can be prevented. Some stroke risk factors cannot be controlled, such as age, family history, and ethnicity. But you can reduce your chances of having a stroke by taking these steps:
 - Know your blood pressure
 - Don't smoke
 - Get tested for diabetes
 - Get your cholesterol and triglyceride levels tested
 - Maintain a healthy weight
 - If you drink alcohol, limit consumption to 1 drink per day
 - Find healthy ways to cope with stress



Mental Health

- Your mental health is important. You will not have a healthy body if you don't also take care of your mind.
- You have to take care of yourself to take care of the people who depend on you, your strength, and your well-being.
- Remember that by caring for your mental health and getting help when you need it, you can enjoy life at any age.
- Don't be afraid or ashamed to ask for help. Everyone needs help at some point.

Mental Health

- Nearly half of all Americans have symptoms of a mental illness at some point in life. Even if you take care of your body and mind, there are no guarantees against mental illness – some are genetic, others caused by changes in the brain, and sometimes a crisis can trigger mental illness.
- Depression – it's not just “all in your head.” Chemical messengers in the brain allow nerve cells to communicate with one another, and a person with depression may have changing levels of these messengers.

Mental Health

- For better mental health:
 - Family and friends – can help by supporting your life choices and can help in a crisis
 - Other relationships – faith leader, teacher, or counselor; can confide in this person and talk about concerns
 - Pets – keep you company and give comfort
 - Social groups – help you stay in touch with others
 - Community events – celebrate culture, volunteer in neighborhood
 - Exercise – good for body and mood; have a buddy that can help keep you going
 - Relaxing – yoga, tai chi, meditation, prayer; take work breaks with coworkers or friends
 - Take time off – from work or family when you need it

Total Wellness

7 Dimensions of Wellness

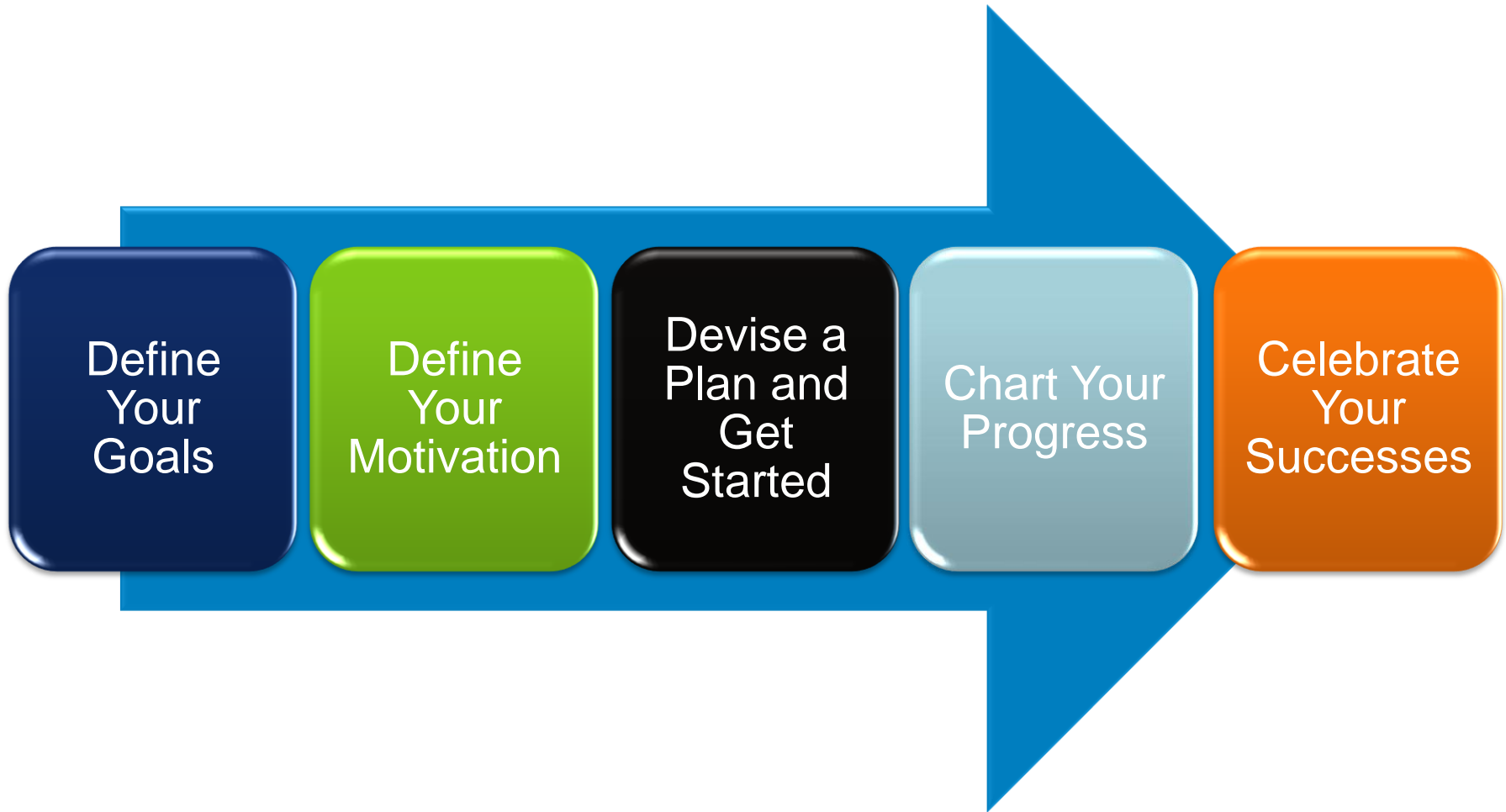


Total Wellness

- Achieving total wellness – balance of all aspects of wellness of mind, body, and spirit
- What can you do today to improve your overall health and wellness?



Five Steps to Total Wellness



Questions?



If you are on the webinar and would like a copy of today's presentation, you can email me at ClaiborneNurse@bcbsla.com.