Women's Health

A Core Program of

Disclaimer:

Training provided by PCHC is intended as general information only and is not all inclusive or intended to replace physical, dental or behavioral health advice. If you believe that you, or someone you support, have physical, dental or behavioral health issues, please seek professional advice.

Objectives:

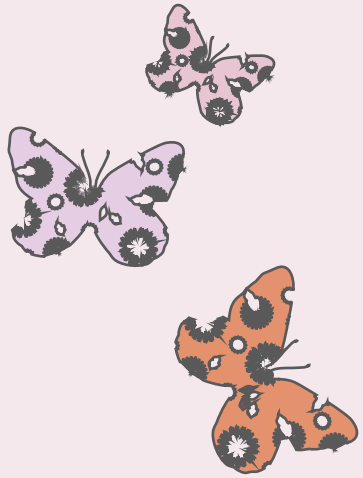
This training will:

- Briefly review the “female” body and hormones
- Provide information on common health concerns of women
- Provide information on health risk factors of women
- Provide information on preventive care and health promotion

Man vs. Woman

Men and Women are **equal** but **different**.

-Michael G. Connor Psy.D-1999

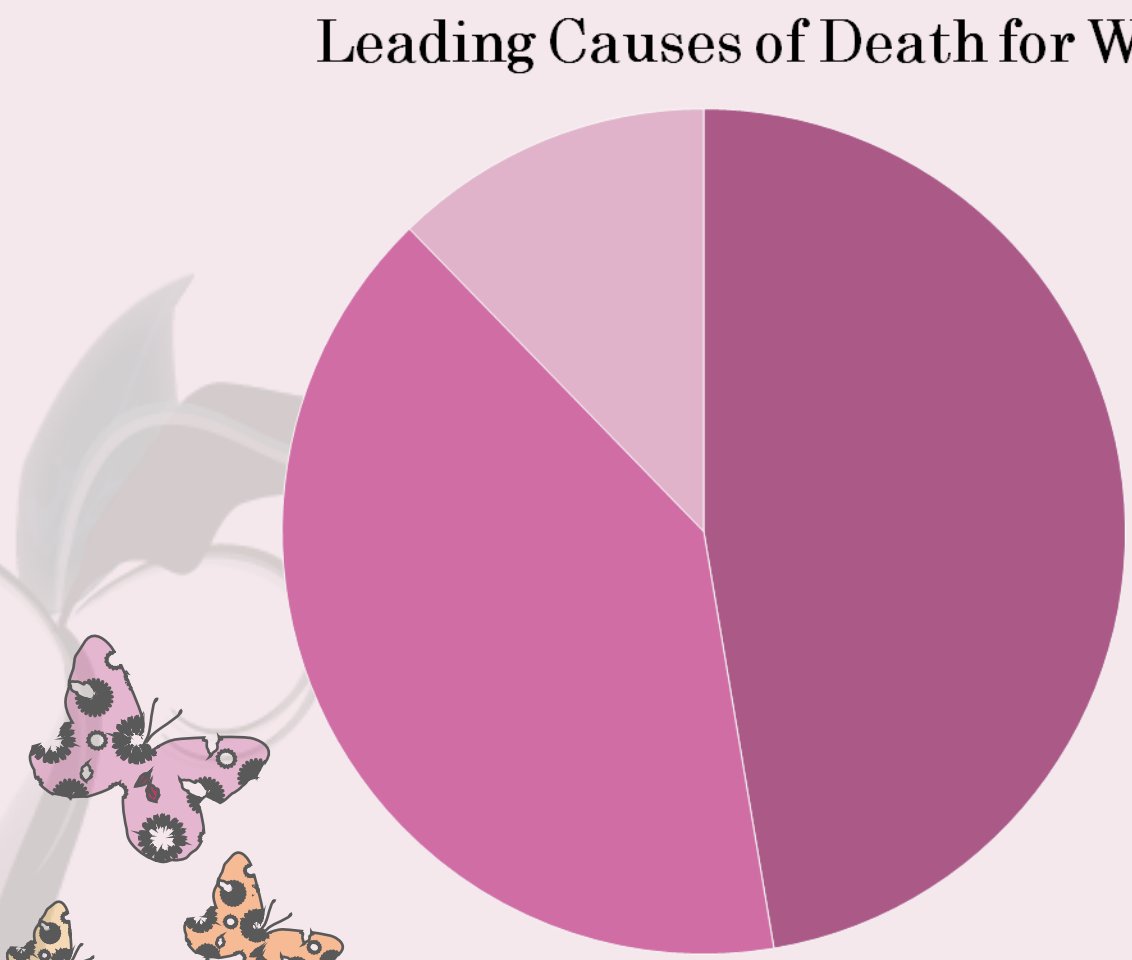


Differences are related to functional advantages- survival

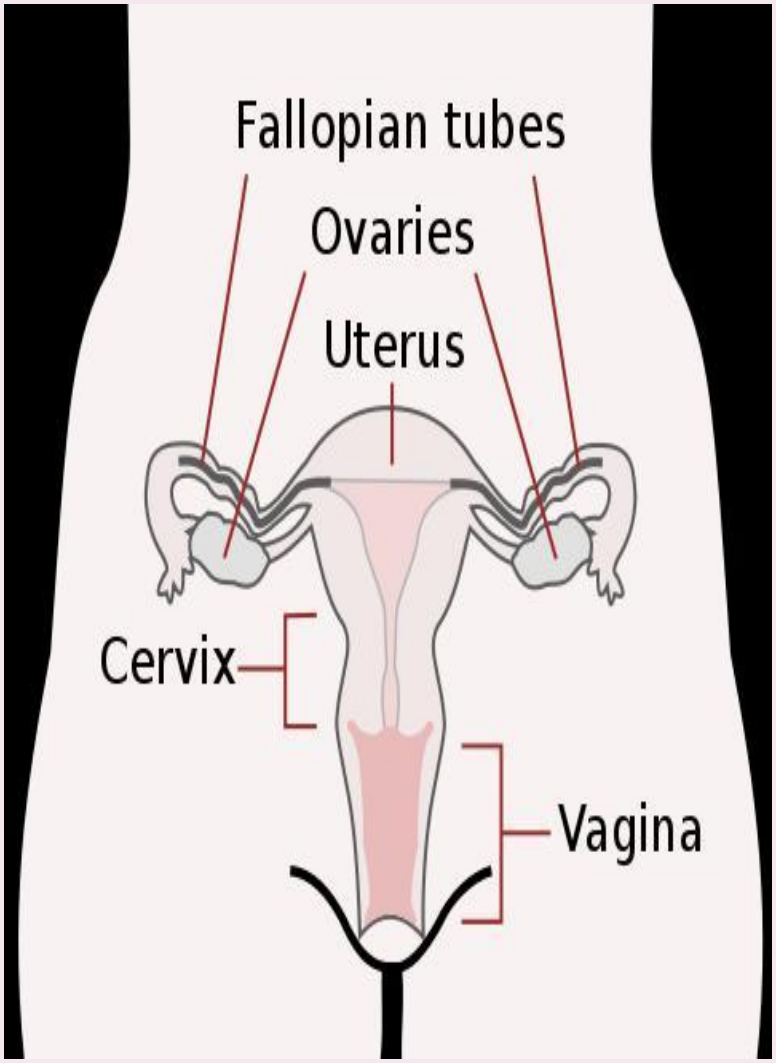
Are Women Healthy?

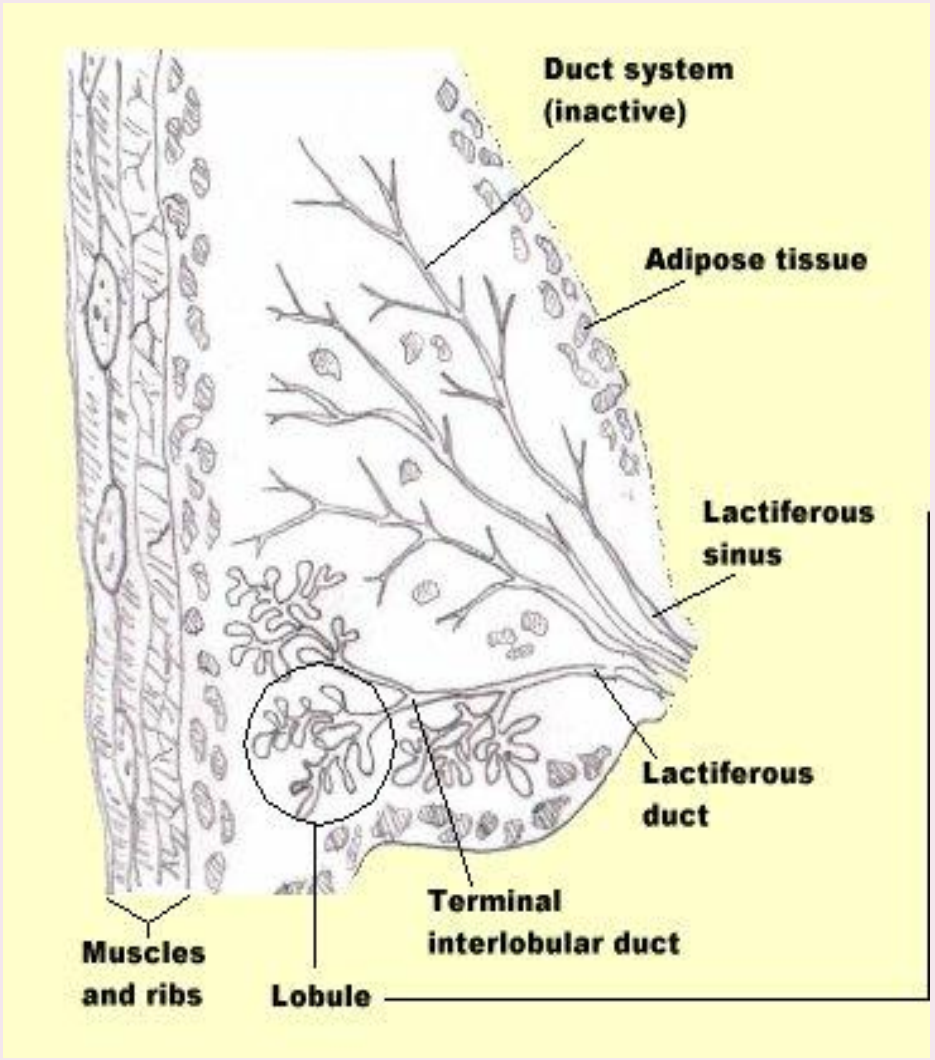
- **14%** of women 18 years and older are in fair to poor health.
- According to the National Institute of Mental Health, **12%** of women are affected by a depressive disorder each year.
- Women are more likely to be diagnosed with arthritis or to have chronic joint symptoms than men.
- **ONLY 42%** of women 18 years and over met the 2008 federal physical activity guidelines for aerobic activity.
- **36%** of women 20 years and over are obese
- **33%** of women 20 years and over have hypertension

Serious Outcomes of Poor Health…

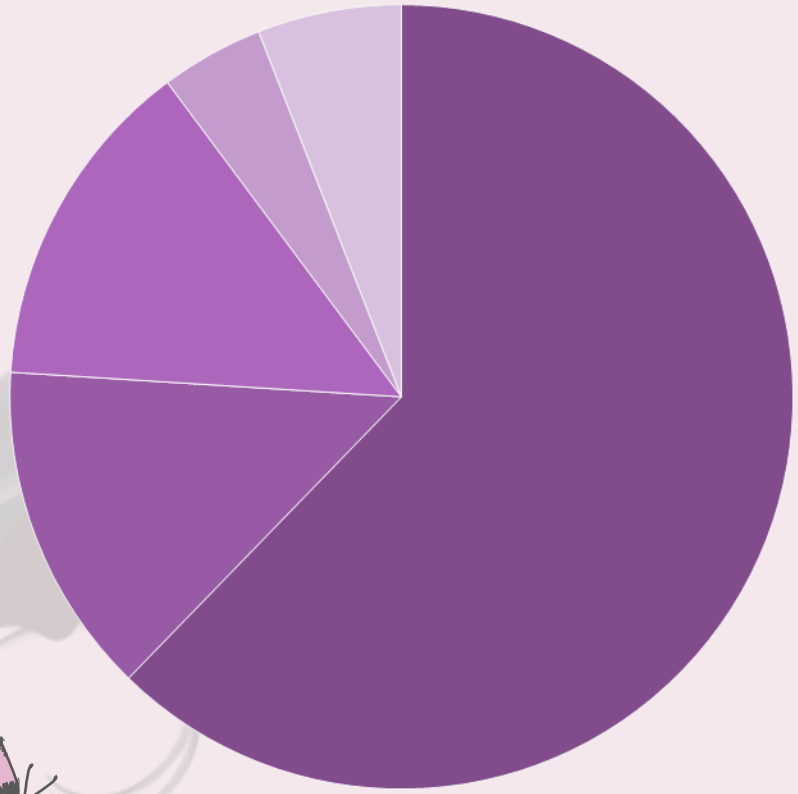


Part2: Basic Female Anatomy





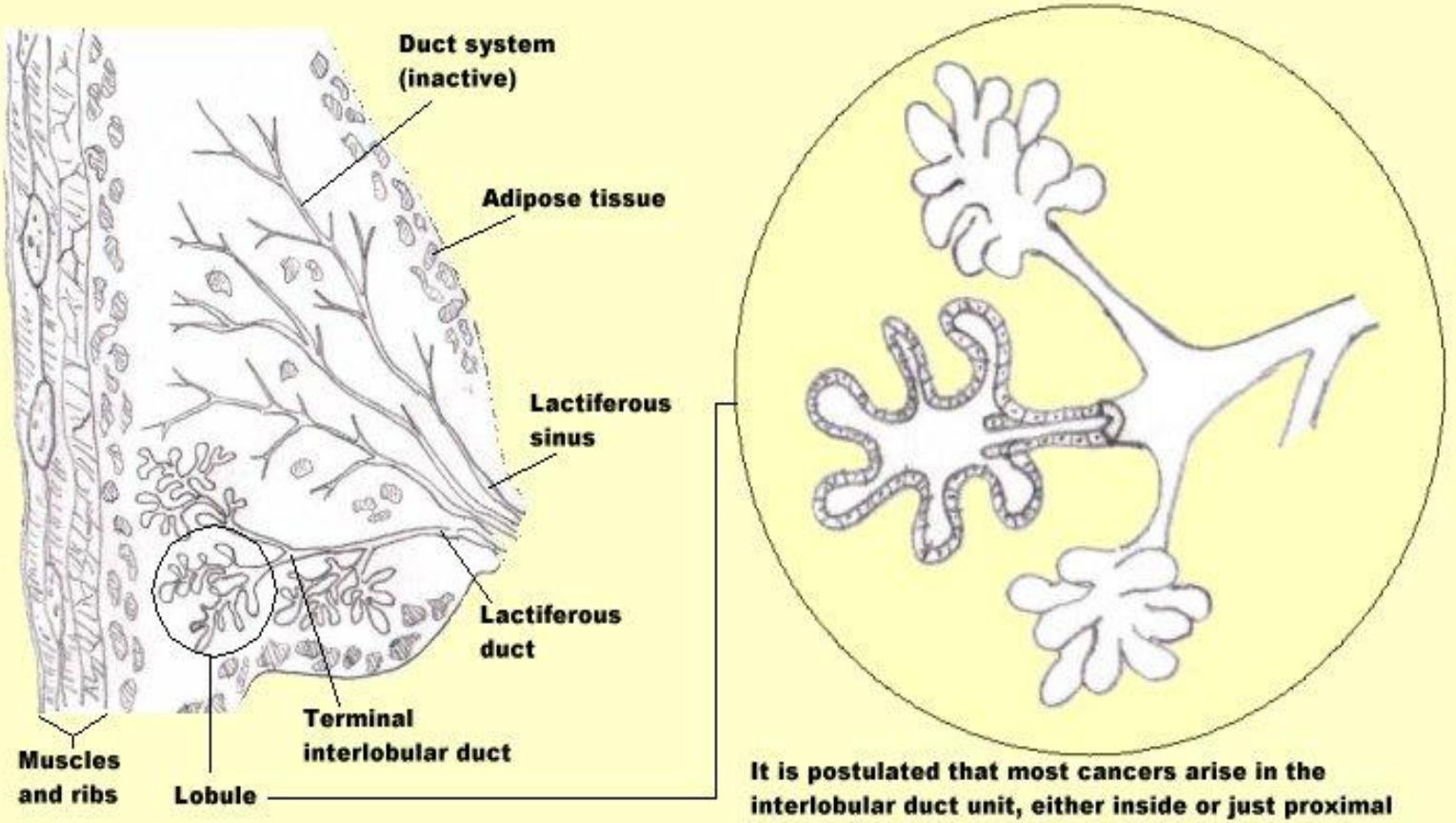
Cancer



- Breast Cancer
- Colon Cancer
- Endometrial Cancer
- Ovarian Cancer
- Cervical Cancer

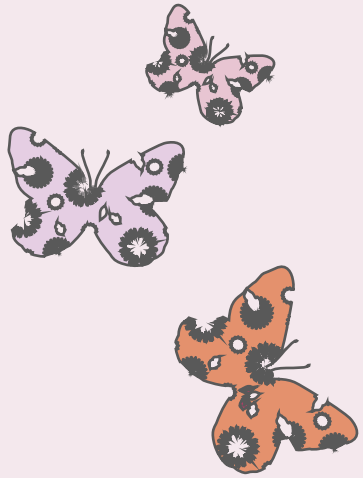
Based on 2007 US National Cancer Institute's Surveillance Epidemiology and End Results

Breast Health



It is postulated that most cancers arise in the interlobular duct unit, either inside or just proximal to the lobule. There are two main categories of breast cancer: ductal carcinoma and lobular carcinoma.

Breast Cancer Statistics



- Breast cancer is the most common cancer among women in the United States.
- Approximately one in nine women who live to age 65 will develop breast cancer, although many will not do so until after age 65.
- According to the National Women's Health Information Center, women with disabilities often have less access to breast health services than any other group of women.

Breast Cancer Risk

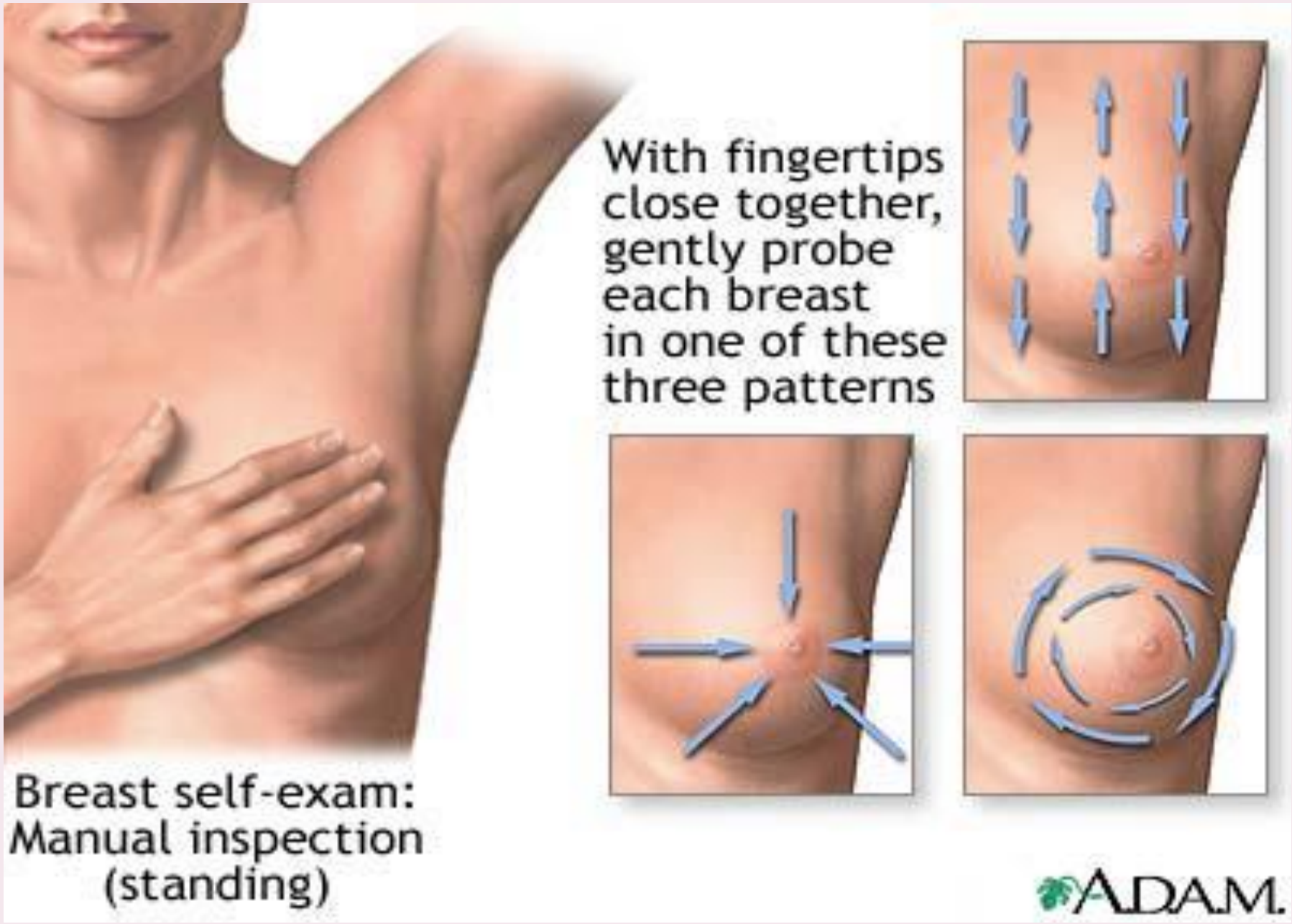
- Previous history-benign and cancerous lesions
- Family History, genetic markers:BRCA1 and BRAC2
- Menarche before age 12
- Menopause after 55
- Having no children or delivering first child after age 30
- Age over 50

"The Earlier The Better"

Breast Cancer Screening

- Self Breast Exams-SBE
- Clinical Breast Exams
- Mammogram

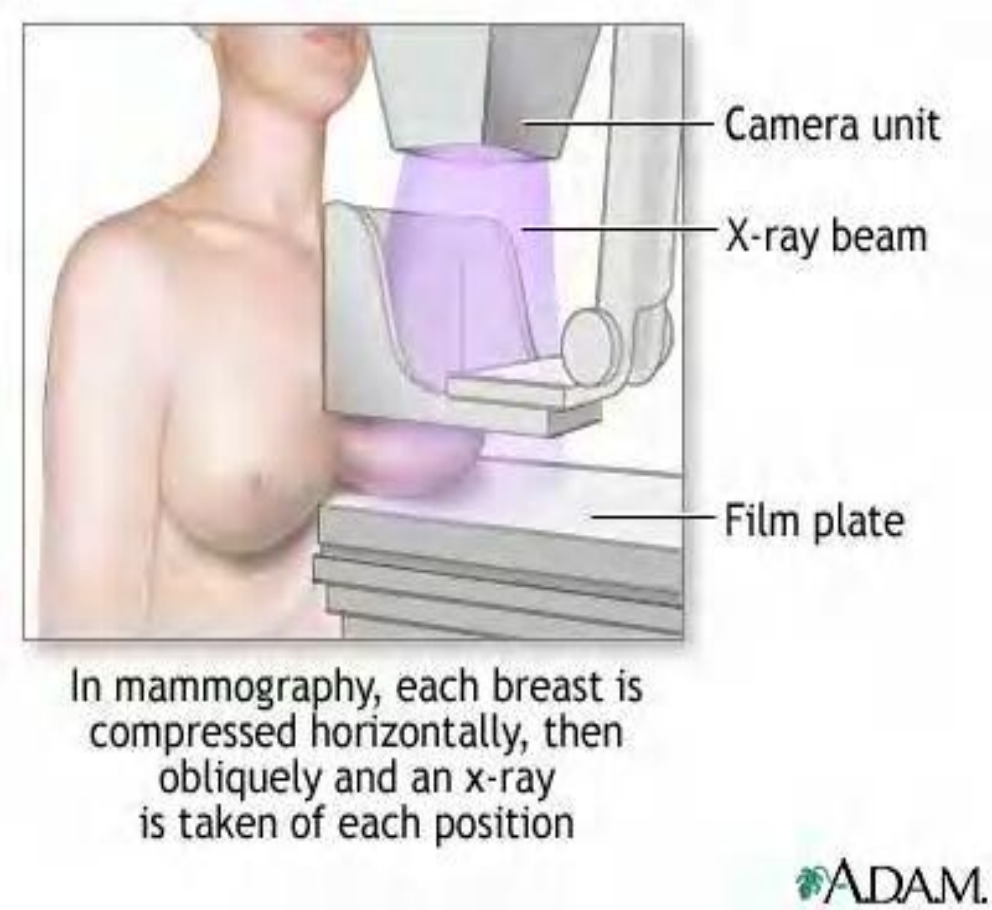
****Women who perform regular breast self-exams find 90% of all breast masses.****

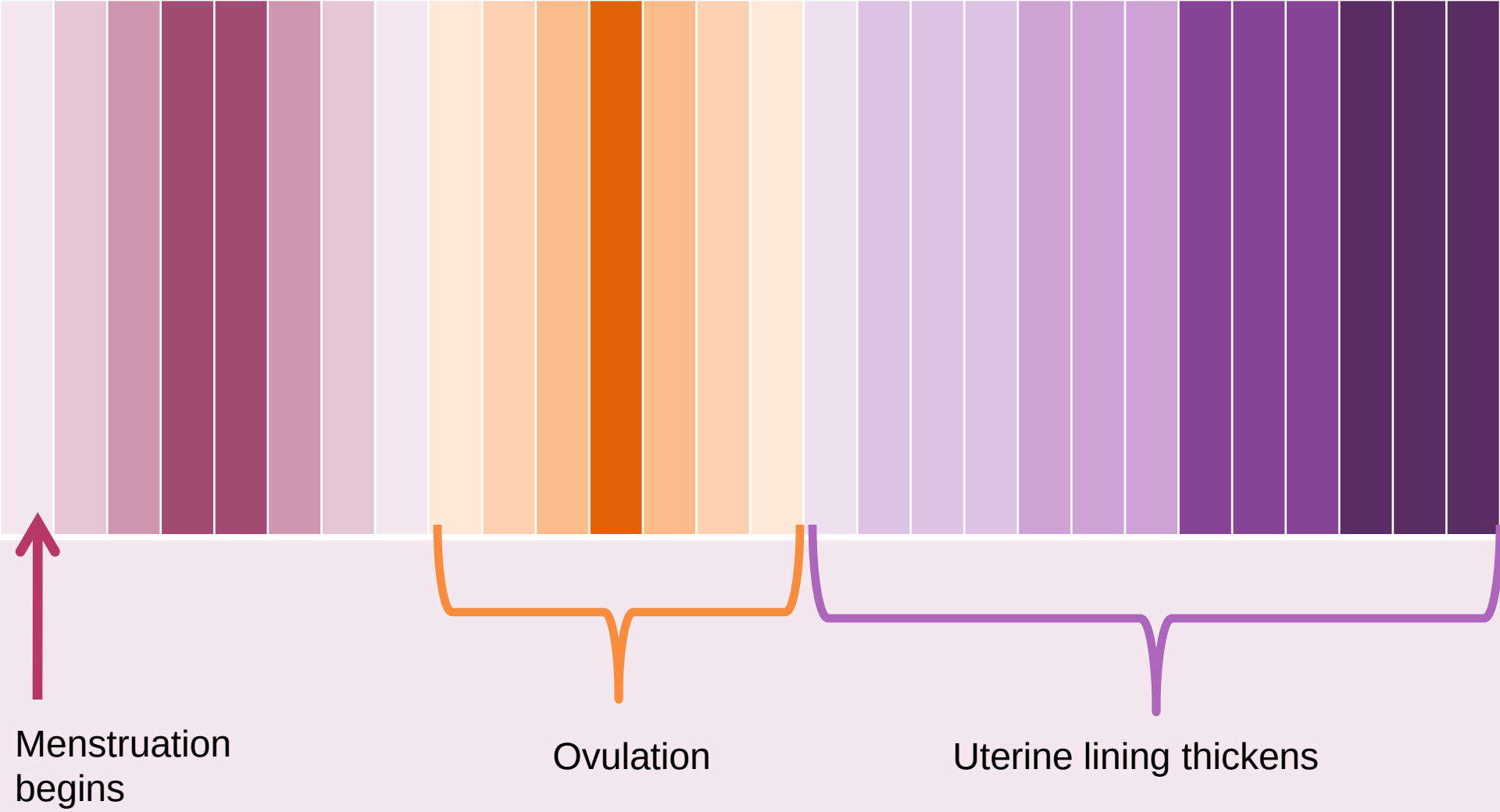

With fingertips close together, gently probe each breast in one of these three patterns
Breast self-exam: Manual inspection (standing)
A.D.A.M.

Clinical Breast Exams

Mammogram

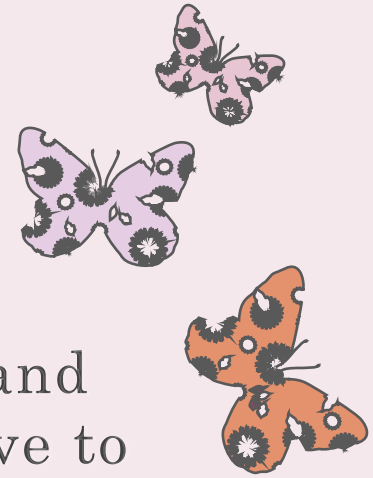
- Age 40 and above - annual
- Gives 2 views of each breast





The Menstrual Cycle

FAQ??????????



- **How Often Does Normal Menstruation Occur?**

  The average menstrual cycle is 28 days and women menstruate, on average, about five to seven days during each cycle

- **How Much Blood Loss is Normal during Menstruation?**

  You might be surprised to learn that, while it might often seem like much more, the total amount of blood lost during menstruation is only a few tablespoons.

Problems With Your Period...

Amenorrhea

- The absence of menstruation

Dysmenorrhea

- Painful menstruation

Do you ever get any of these symptoms?

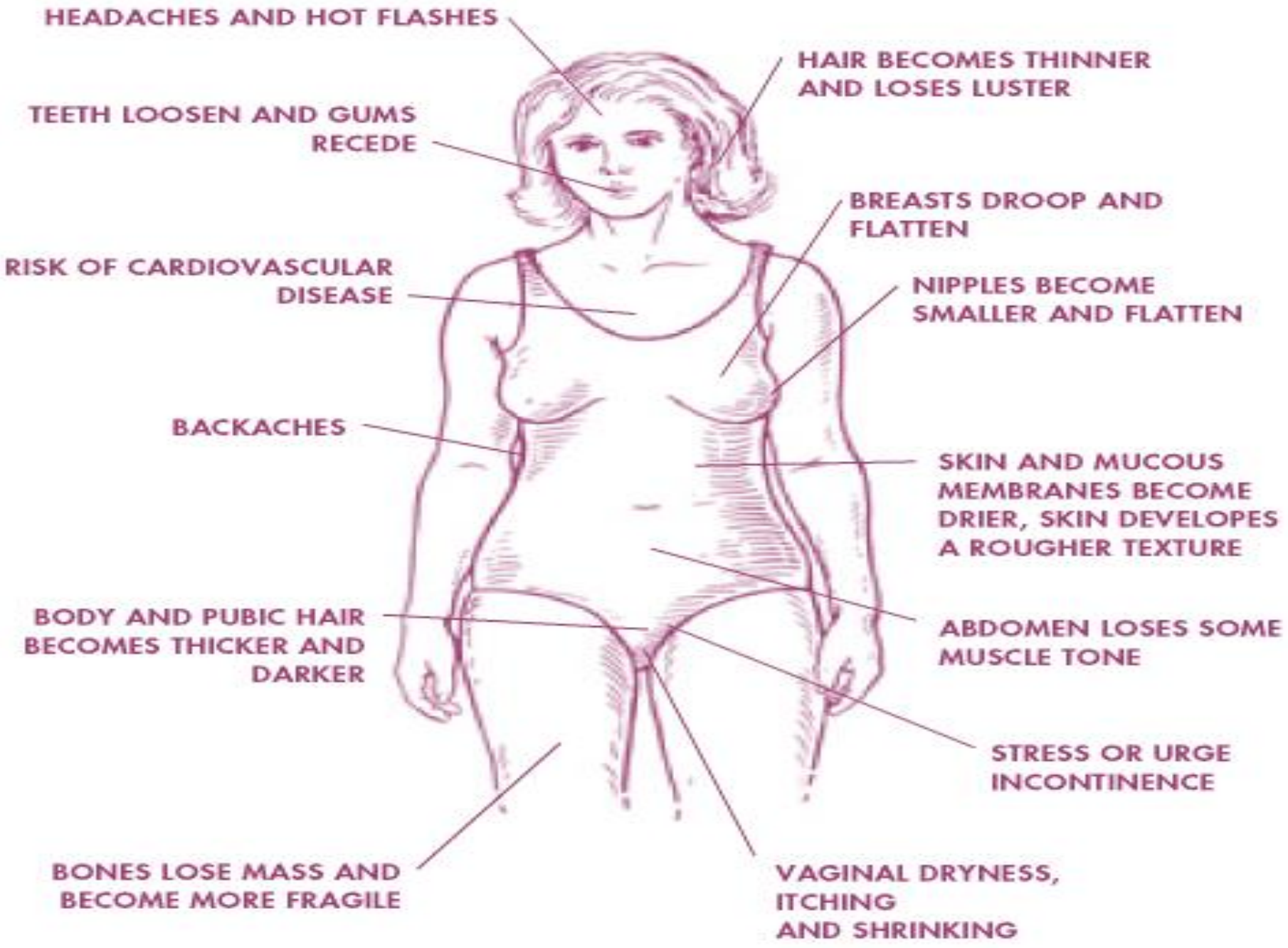
- Feelings of sadness or despair, or even thoughts of suicide
- Feelings of tension or anxiety
- Panic attacks
- Mood swings or frequent crying
- Lasting irritability or anger that affects other people
- Lack of interest in daily activities and relationships
- Trouble thinking or focusing
- Tiredness or low energy
- Food cravings or binge eating
- Trouble sleeping
- Feeling out of control
- Physical symptoms, such as bloating, breast tenderness, headaches, and joint or muscle pain

What Can Help?

- Exercise regularly.
- Eat healthy foods, such as fruits, vegetables, and whole grains.
- Avoid salt, sugary foods, caffeine, and alcohol, especially when you're having PMS/PMDD symptoms.
- Get enough sleep. Try to get about 8 hours of sleep each night.
- Find healthy ways to cope with stress.
- Don't smoke.
- *Medications:*
  Ibuprofen ,Ketoprofen , Naproxen, Aspirin

  BCP-Yaz (only BCP approved to treat PMDD)

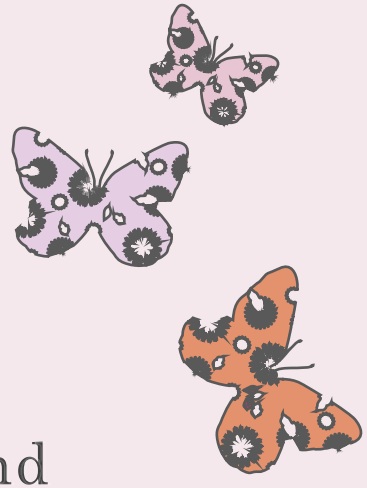
Antidepressants:SSRI –Zoloft, Paxil(approved for PMDD)


HEADACHES AND HOT FLASHES
HAIR BECOMES THINNER AND LOSES LUSTER
TEETH LOOSEN AND GUMS RECEDE
BREASTS DROOP AND FLATTEN
RISK OF CARDIOVASCULAR DISEASE
NIPPLES BECOME SMALLER AND FLATTEN
BACKACHES
SKIN AND MUCOUS MEMBRANES BECOME DRIER, SKIN DEVELOPES A ROUGHER TEXTURE
BODY AND PUBIC HAIR BECOMES THICKER AND DARKER
ABDOMEN LOSES SOME MUSCLE TONE
STRESS OR URGE INCONTINENCE
BONES LOSE MASS AND BECOME MORE FRAGILE
VAGINAL DRYNESS, ITCHING AND SHRINKING

Change in Lifestyle (Menopause)

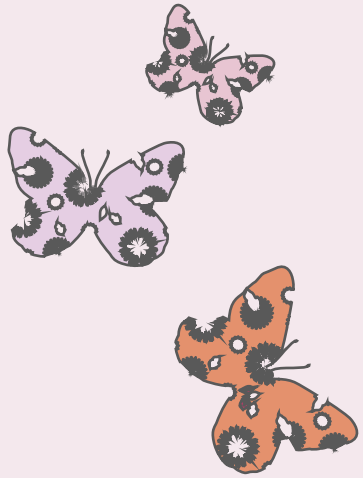
- Change eating habits
- Limit caffeine and alcohol
- Stop smoking
- Limit spicy foods
- Limit hot foods
- Limit hot drinks
- Consult with your doctor about HRT

Cardiovascular Risk Factors



- Elevated LDL cholesterol levels and Triglycerides
- Increased adipose tissue(fat)
- Decreased energy/sedentary

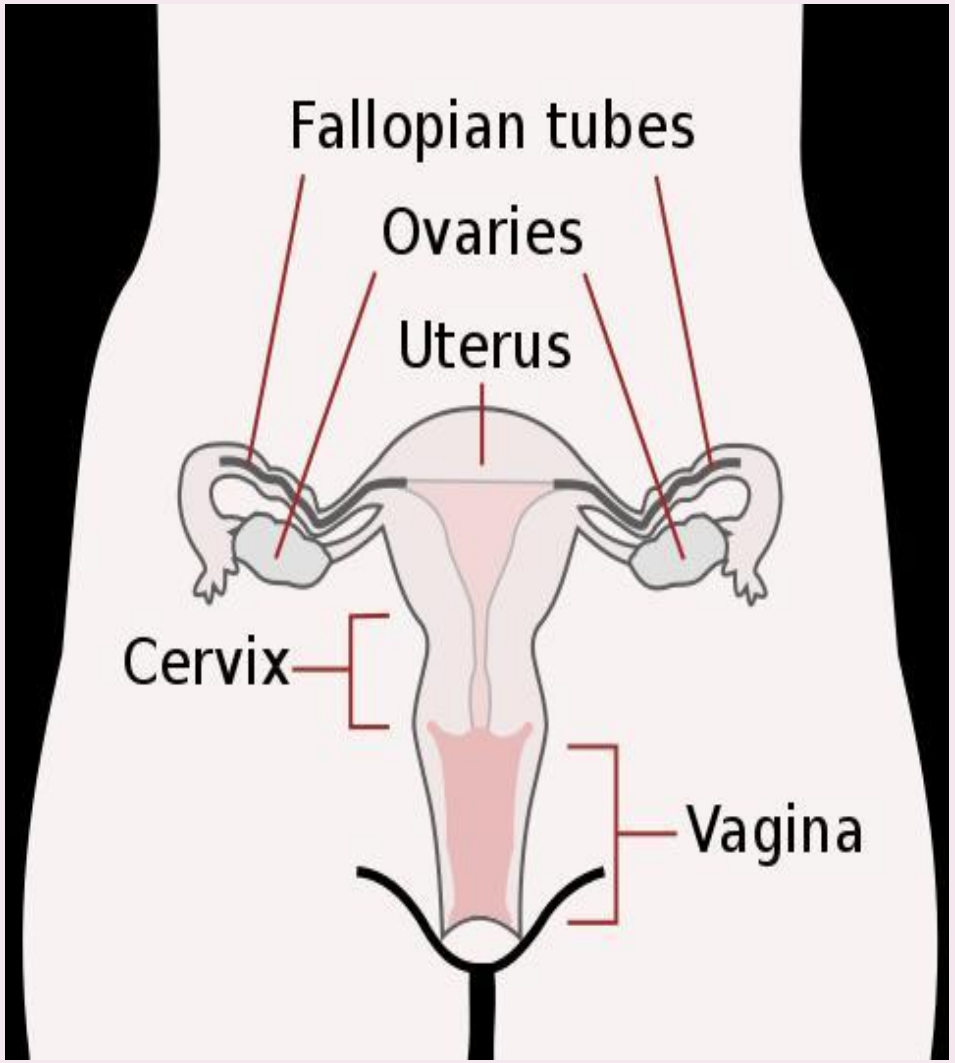
CV Health Promotion



- Cholesterol screening
- B/P screening
- Blood sugar screening
- BMI measurements and waist circumferences
- Smoking cessation
- Activity/exercise
- Healthy diet

Types of Cancer Affecting Women

- Cervical
- Endometrial
- Ovarian



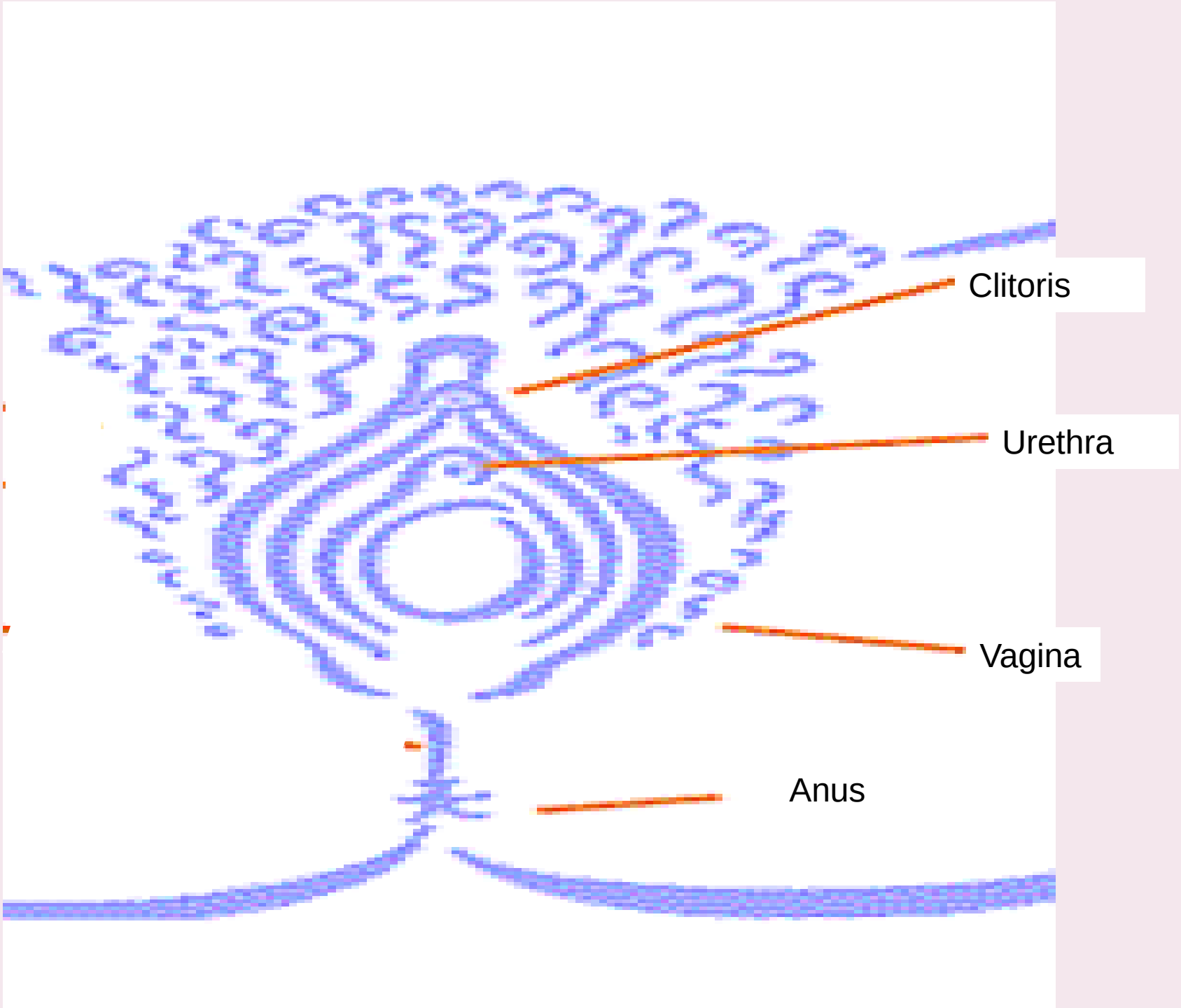
Cervical Cancer Risk

- HPV (*Human Papilloma Virus*)
- Unprotected sex
- Multiple sexual partners
- Early age of first intercourse
- Extremely rare in women under 25
- Multiparity
- BCP
- Smoking
- Family History

Endometrial Cancer Risk

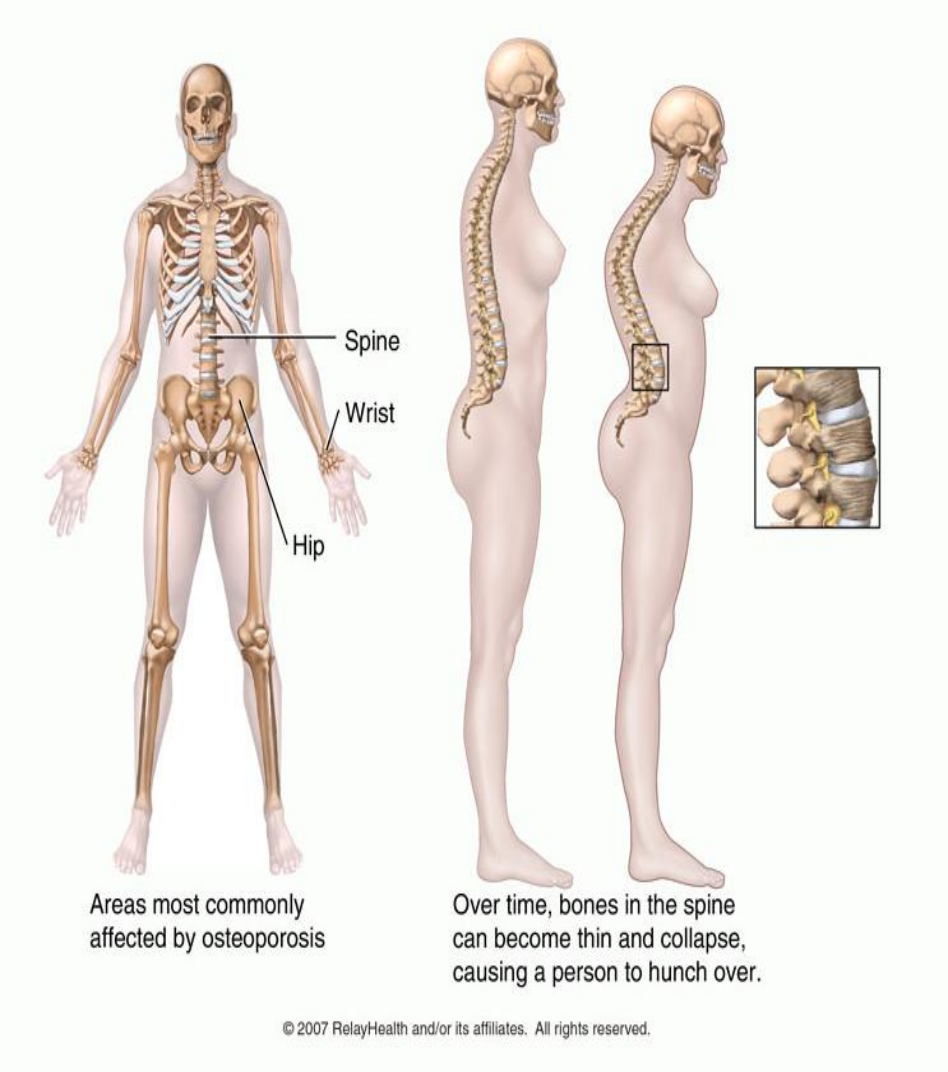
- Previous history-benign and cancerous lesions of the ovaries
- Previous history of breast cancer
- Family History
- Menarche before age 12
- Menopause after 55
- Having no children or delivering first child after age 30
- Age over 50
- Diet high in fat
- Diabetes

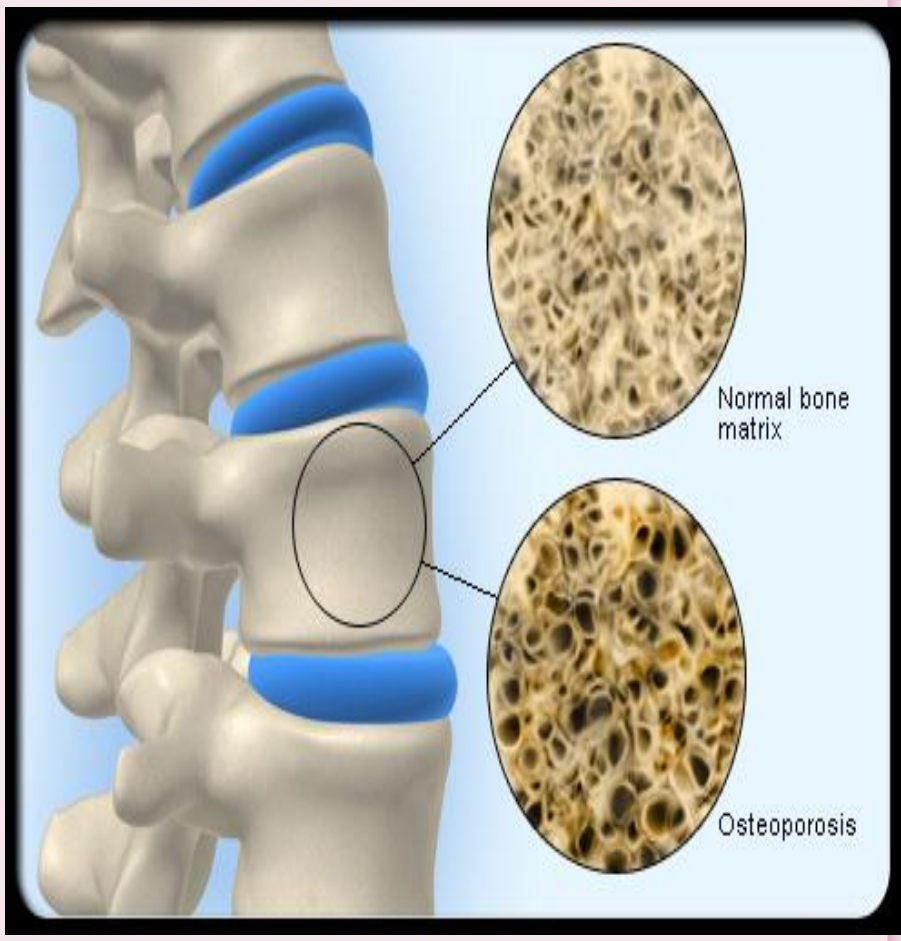
PAP Test


Clitoris
Urethra
Vagina
Anus

Bone Health

Osteoporosis





Diagnosis of Osteoporosis

- OBSERVATION
  - LOSS OF HEIGHT
  - FALLS
  - FRACTURES
- DIAGNOSTIC TESTING
  - DEXA SCAN *(DUEL ENERGY ABSORPTIOMETRY)*

Prevention

- DIET RICH IN CALCIUM AND VITAMIN D
- REGULAR WEIGHT BEARING EXERCISE

Healthy & Meaningful Relationships

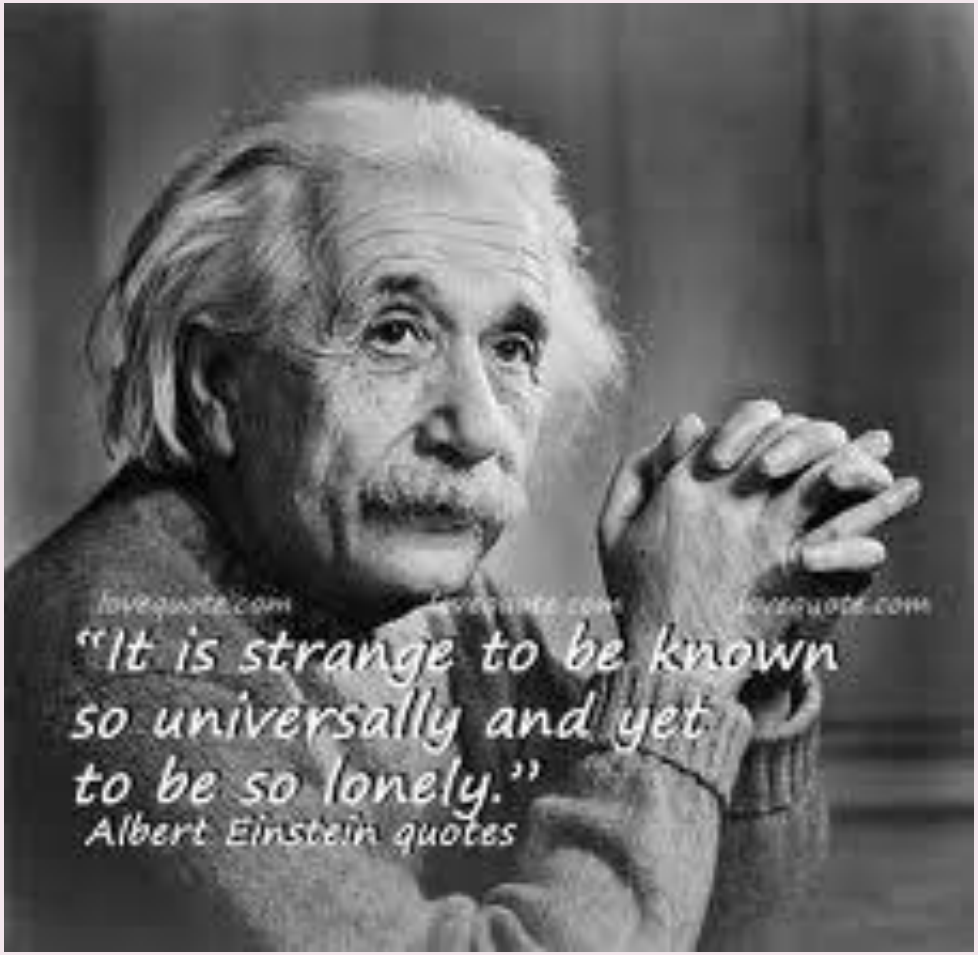
With self

With others

ARE YOU LONELY?

Loneliness affects all kinds of people

- ✓ TALL
- ✓ SHORT
- ✓ RICH
- ✓ POOR
- ✓ BLACK
- ✓ SMART
- ✓ NOT-SO-SMART
- ✓ REPUBLICAN
- ✓ YELLOW
- ✓ DEMOCRAT



How to Make Friends

- Find out what's special about your city or neighborhood…a certain festival or group? They're looking for you to help out

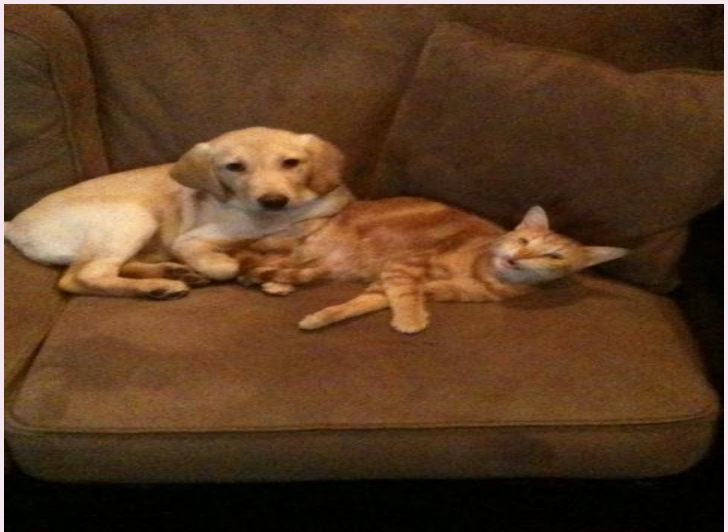
- Have one good joke you can tell. Practice it so you're ready when there's a gap in the conversation — be known as the one who made everyone feel comfortable.

How to Keep Friends

- Call your friends once a month, at the very minimum, to show concern. Buy them gifts on major holidays and anniversaries to exhibit appreciation. Finding time for your friends should never be a problem.

- Be the kind of friend you'd like to meet. Demonstrate a positive attitude. Always seek solutions (don't complain). Avoid gossip.

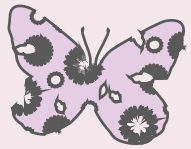
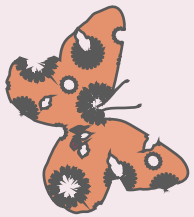
FRIENDS!!



Why are Teeth Important?

- **The mouth is the "window to the whole body".**
- Enhance appearance
- Support speech
- Work together to breakdown food and aid with proper digestion

Cause of Dental Problems

- Infrequent or improper brushing and/or flossing
- Genetics
- High starch/sugar diet
- Medications
- Bad habits
- Treatment refusals
- Diabetes
- Pregnancy

How Can Diet Help?

- Rinse mouth with water after meals or snacks
- Choose healthy snacks
- Avoid sticky/chewy/sweets
- Choose water instead of soda or juice when thirsty

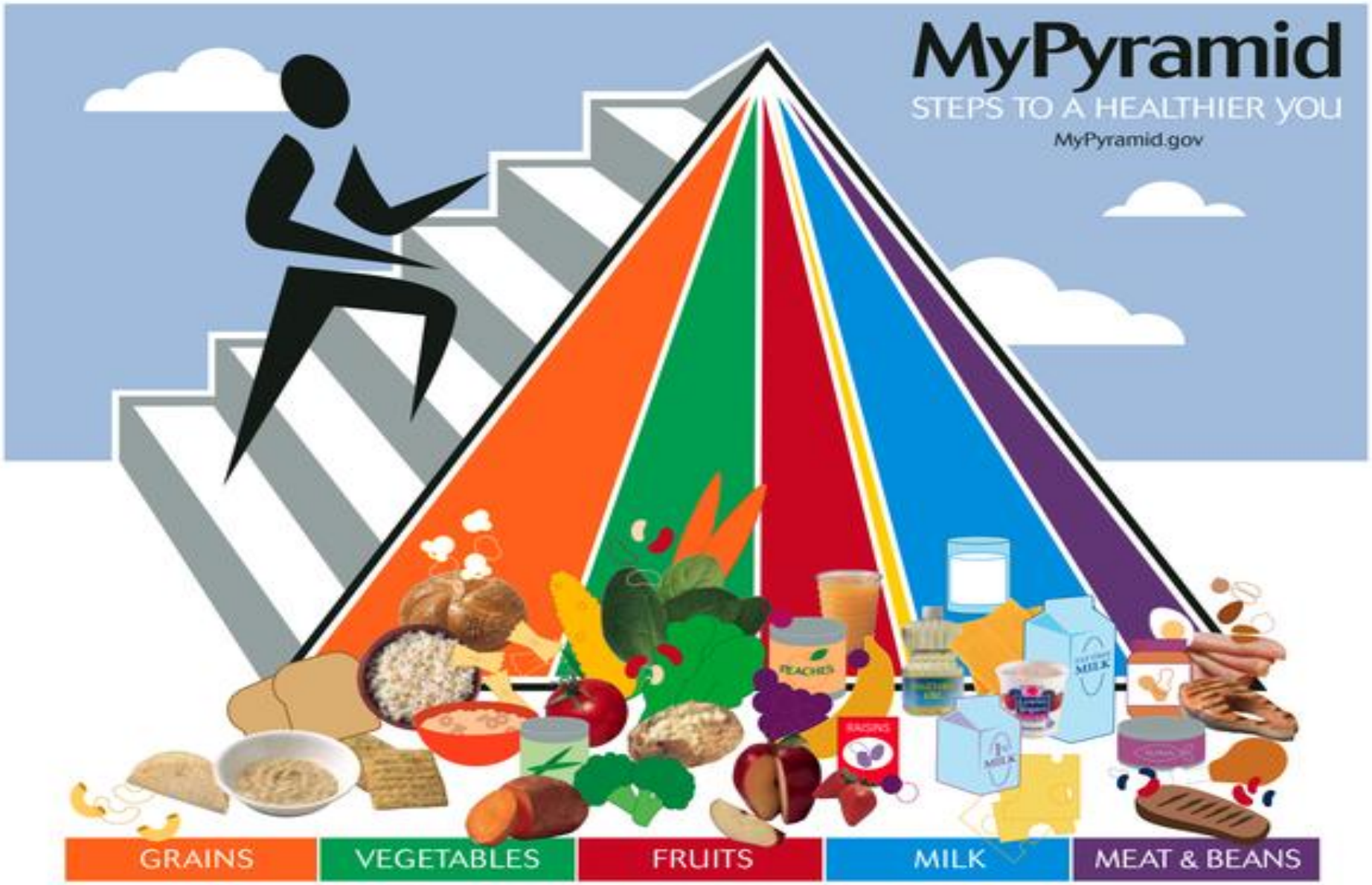
Hygiene

- Shower
- Comb hair
- Brush teeth
- Cut nails
- Change pads
- Clean/ neat clothing

Healthy Diet

- Balanced nutrition
- Fruits and vegetables
- Water 7-8 glasses of water/ day

Nutrition


MyPyramid
STEPS TO A HEALTHIER YOU
MyPyramid.gov
GRAINS
VEGETABLES
FRUITS
MILK
MEAT & BEANS

The Food Pyramid Riddle

I am round and red. My meat is also red. Some people think I am a vegetable but I am really a fruit. People like to use me in salad. WHO AM I ?

Tomatoes

I am bad for you. I am at the top of the pyramid. I have a lot of fat . I am cold. I have a lot of chocolate chips. WHO AM I?

ICE CREAM

Healthy Dips

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce

Dilly Cucumber Dip

Ingredients

1 small English cucumber, peeled and seeded
1 cup plain yogurt (preferably Greek-style)
1 tablespoon finely chopped fresh dill
1 teaspoon kosher salt (see tip below)
1 tablespoon olive oil
1/2 small garlic clove, pressed (optional)

Physical Activity

- Stretching
- 30 mins/ day 3 times a week
- Dancing (sitting or standing up)

What's in Your Packets?

- Pre & Post Test
- Women's Health Initiative Training
- Women's Health Brochure
- Screening tests and immunization "Guidelines for Women"
- Self Breast Exam Guidelines
- Tips on How to Make and Keep Friends
- The US Food Plate
- Serving Size Card
- Stretching Exercises
- My Pyramid Worksheet
- Recipe Cards

References

- http://www.pocanticohills.org/nutrition/nutrition.html
- http://www.ehow.com/how_2062660_keep-friends.html
- http://familyfun.go.com/recipes/dilly-cucumber-dip-921126/
- http://www.medicinenet.com
- www.cdc.gov
- http://www.uspreventiveservicestaskforce.org
- http://www.choosemyplate.gov/index.html

References

- The Office on Women's Health, The U.S. Department of Health and Human Services

  http://womenshealth.gov/

- Centers for Disease Control and Prevention, Women's Health

  http://www.cdc.gov/women/

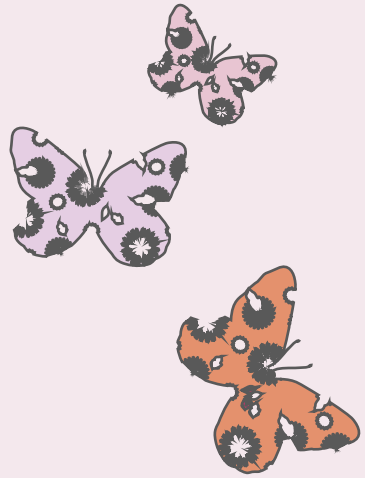
- The Nemours Foundation, Kids Health

  http://kidshealth.org/teen/sexual_health/

- National Institutes of Health (NIH), http://nih.gov/

- American Cancer Society

  http://www.cancer.org/



Thank You for Coming!!!