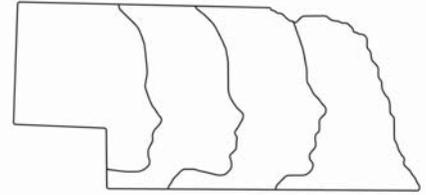


Every Woman Matters



Office of Women's and Men's Health

January 2009 - April 2009

Healthy Ways... Healthy Days

The Every Woman Matters Program

The Every Woman Matters (EWM) Program has been serving Nebraska women nearly 18 years. Over the years, the program has grown and we now offer many services to include education and early detection of breast and cervical cancer, heart disease and diabetes.

Who Qualifies for the EWM program?

To be eligible for the program, the following guidelines are used:

- Female between the ages of 40 and 64
- Is not covered by an HMO (Health Maintenance Organization), Medicaid or Medicare
- Falls within yearly income guidelines (Ex: A family of four can have a household income up to \$47,700)

What Services Does EWM offer?

The program has just ONE screening visit card now for all services! Our screening services include breast and cervical cancer screening exams like a Pap test, pelvic exam, clinical breast exam and teaching of breast self-exam and mammography. Heart disease and diabetes screening includes height/weight check, two blood pressure readings, a cholesterol test and blood glucose (sugar) test.

If you have received screening services before and are a returning client, you and your provider will discuss which services would be of benefit to you based on risk or health history. Your screening visit card will have a label with information for your provider to review when talking with you.

Important Points to Know Before Your Screening Visit:

- If more tests are needed after your provider visit, please talk with your provider BEFORE you complete those tests to see if they are covered by EWM.
- EWM does NOT pay for treatment or medications. EWM does assist clients by referring them to treatment resources for breast or cervical cancer and with low-cost choices for medications.
- The program does NOT pay for any cardiovascular or diabetes follow up visits. Please discuss this with your provider.
- Completion of the health risk questions is critical! The gray shaded area of questions is required by our funder so we can continue to receive dollars for services. See page 7 for more information.

If you have any questions about the expanded services of EWM or your newest screening visit card, please call us at 1-800-532-2227.

Volume 5, Issue 1

If you would like more information on women's health issues, please visit our website:

www.dhhs.ne.gov/womenshealth

or contact us at

every.woman.matters@nebraska.gov

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Conversations for a Healthy Life

Conversations for a Healthy Life is a weekly radio show that is featured on KGBI 100.7 FM / KCRO 660 AM here in Nebraska. The purpose of this project is to provide community based education utilizing radio and the ability to listen on your computer, to the shows after they have been aired. Education is centered on messages for both men and women related to screening and education opportunities included within the Office of Women's and Men's Health, along with their community partners.

ARE YOU UP TO THE CHALLENGE?

Small changes can make a big difference! Join us and start choosing your next steps on your journey to good health. It's an upbeat and thought provoking time to talk about being at your best.... for yourself and the ones you love!

To hear past shows, go to: www.dhhs.ne.gov/womenshealth and check out the *Conversations for a Healthy Life* podcast link.

Join Us Each Week for
“Conversations for a Healthy Life”
Wednesdays from 4:00-5:00 PM
(Central Standard Time)
KCRO 660 AM

Cumin-Rubbed Salmon

Serves 4; 3 ounces fish per serving

Ingredients:

Vegetable oil spray
 4 salmon fillets (about 4 ounces each)
 1/4 teaspoon ground cumin
 1/4 teaspoon chili powder
 1/4 teaspoon salt
 1/8 teaspoon paprika



Directions:

Preheat the oven to 350°F. Line a baking sheet with aluminum foil and lightly spray with vegetable oil spray. Rinse the fish and pat dry with paper towels. Place the fish with the smooth side up in a single layer on the baking sheet. In a small bowl, stir together the remaining ingredients. Sprinkle on top of the fish. Using your fingertips, gently press the mixture into the fish so it will adhere. Bake for 18 to 20 minutes, or until the fish flakes easily when tested with a fork.

Nutrition Analysis (per serving):

Calories 145; Total Fat 4.5 g; Saturated Fat 0.5 g; Trans Fat 0.0 g; Polyunsaturated Fat 1.5 g; Monounsaturated Fat 1.0 g; Cholesterol 65 mg; Sodium 230 mg; Carbohydrates 0 g; Sugar 0 g; Fiber 0 g; Protein 25 g

Dietary Exchanges:

3 lean meats

Source: American Heart Association: www.americanheart.org

Adding Physical Activity in Your Daily Life

At Home

It's convenient, comfortable, and safe to be active at home. It allows your family to see you being active, which sets a good example for them. You can combine exercise with other activities, such as watching TV. If you buy exercise equipment, it's a one-time expense and other family members can use it. It's easy to have short bouts of activity several times a day. Try these tips:

- Do housework~ vacuuming, scrubbing, and multiple trips up and down stairs can really add up!
- Work in the garden or mow the grass. Rake leaves, prune, dig and pick up trash.
- Go out for a short walk before breakfast, after dinner or both! Start with 5-10 minutes and work up to 30 minutes.
- Walk or bike to the corner store instead of driving.
- When walking, pick up the pace from leisurely to brisk. Choose a hilly route. When watching TV, sit up instead of lying on the sofa. Throw away your video remote control. Instead of asking someone to bring you a drink, get up off the couch and get it yourself.
- Stand up while talking on the telephone.
- Walk the dog. Make it a group effort and invite others to join you.
- Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.
- Keep exercise equipment repaired and use it!

At the Office

Most of us have sedentary jobs. Work takes up a significant part of the day. What can you do to increase your physical activity during the work day? Why not:

- Brainstorm project ideas with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Walk down the hall to speak with someone rather than using the telephone.
- Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
- Participate in or start a recreation league at your company.
- Form a sports team to raise money for charity events.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.

At Play

Play and recreation are important for good health. Look for opportunities such as these to be active and have fun at the same time:

- Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)
- See the sights in new cities by walking, jogging or bicycling.
- Make a date with a friend to enjoy your favorite physical activities. Do them regularly.
- Play your favorite music while exercising, something that motivates you.
- Dance with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow ones.
- Join a recreational club that emphasizes physical activity.
- At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
- At a picnic, join in on badminton instead of croquet.

First Things First

In First Things First, Stephen Covey tells a story that one of his associates heard at a seminar. The seminar presenter pulled out a wide-mouth gallon jar and placed it next to a pile of fist-sized rocks. After filling the jar to the top with rocks, he asked, "Is the jar full?"
The group replied, "Yes."

He then got some gravel from under the table and added it to the jar. The speaker jiggled the jar until the gravel filled the spaces between the rocks. Again, he asked, "Is the jar full?"
This time, the group replied, "Probably not."

The speaker then added some sand and asked, "Is the jar full?"
"No!" shouted the group.

Finally, the speaker filled the jar to the brim with water and asked the group the point of this illustration. Someone replied that you could always fit more things into your life if "you really work at it." "No," countered the speaker.

The point is, if you don't put the big rocks in first, ". . . would you ever have gotten any of them in?" As you start the new year, think of the "big rocks" in your life as the things you can do to make this a healthier and happier year for yourself and others. When making decisions during the moments, days and months of the year ahead, ask: "Is this a big rock?"

Say "yes" to your "big rocks" first. Don't feel you need to explain each "no" when the smaller gravel and sand try to fill your time. "No" can be a complete sentence!

Men's Health Website

The Nebraska Office of Women's and Men's Health is excited to announce the start of a Men's Health Website.

The new site shows topics related to the health of Nebraska men, including disease prevention, death rates, healthy living guides, interactive tools, and links to resources.

The Men's Health Website is intended for use by the public and health professional, and will be frequently updated with information regarding the health of Nebraska men. Please visit the site at:

www.dhhs.ne.gov/menshealth

Learn more about Diabetes

Nearly 80,000 Nebraskans have diabetes. There are many more who don't know they have it. You may be at risk if you are:

- Related to a person with diabetes
- Over 40 years of age
- Overweight
- A mother with a baby that weighed over 9 pounds at birth
- American Indian, African American or Hispanic (higher incidence of diabetes in these groups)

Contact the Nebraska Diabetes Prevention and Control Program by calling 800-745-9311 or visiting the website www.dhhs.ne.gov/diabetes to learn more about diabetes, how to care for yourself, and live a healthy life. A monthly newsletter is available free of charge.

Reducing the Size of Recipes

With a new year upon us, many add eating healthier and eating less to their list of resolutions. What to do when your favorite recipe makes a huge batch and you grow tired of leftovers? Reduce the size! Many recipes can be cut in half or thirds. Here are some guidelines to help you adapt a larger recipe to a smaller one.

When the recipe says:

To make 1/2 of a recipe

1/4 cup
1/3 cup
1/2 cup
2/3 cup
3/4 cup
1 cup
1 tablespoon
1 teaspoon
1/2 teaspoon
1/4 teaspoon
1/8 teaspoon

To make 1/3 of a recipe

1/4 cup
1/3 cup

1/2 cup
2/3 cup
3/4 cup
1 cup
1 tablespoon
1 teaspoon
1/2 teaspoon
1/4 teaspoon
1/8 teaspoon

Reduce to:

2 tablespoons
2 tablespoons + 2 teaspoons
1/4 cup
1/3 cup
6 tablespoons
1/2 cup
1-1/2 teaspoons
1/2 teaspoon
1/4 teaspoon
1/8 teaspoon
Dash

1 tablespoon + 1 teaspoon
1 tablespoon + 2-1/3 teaspoons
(or round to 1 tablespoon + 2-1/4 teaspoons)
2 tablespoons + 2 teaspoons
3 tablespoons + 1-1/2 teaspoons
1/4 cup
1/3 cup
1 teaspoon
Generous 1/4 teaspoon
Scant 1/4 teaspoon
Scant 1/8 teaspoon
Dash

1. It may be easier to make the entire recipe for baked goods and freeze half.
2. When reducing recipes, you may need to use smaller saucepans, skillets and baking pans. The time for baking smaller amounts of food may be less.
3. The standard size egg for recipes is the large egg. To halve an egg, break it, mix it together with a fork and use 2 tablespoons. Refrigerate the rest and use in an omelet or scrambled eggs within two days.
4. A 9 x 2 x 13-inch pan holds 14 to 15 cups; when halving a recipe use a square 8 x 8 x 2-inch pan or a round 9 x 2-inch pan. When using a different pan size, try and keep the depth of food the same. Reduce

the oven temperature by 25 degrees F when substituting a glass pan for a metal one. Two Web sites that let you adjust their recipes to smaller serving sizes are: www.mealsforyou.com and www.allrecipes.com.

5. To help divide recipes, remember:
 - 1 cup = 16 tablespoons
 - 1 tablespoon = 3 teaspoons
 - 1 cup = 8 fluid ounces
 - 1 fluid ounce = 2 tablespoons
 - 1 pound = 16 ounces (weight)
 - 1 pint = 2 cups
 - 2 pints = 1 quart
 - 1 quart = 2 pints



Source: Alice Henneman, MS, Registered Dietitian and Extension Educator
University of Nebraska Cooperative Extension in Lancaster County

Are You Suffering from Depression?

Life is full of ups and downs. But when the down times last for weeks or months at a time or keep you from living "normal," you may be suffering from depression. Depression is a medical illness that involves the body, mood, and thoughts. It affects the way you eat and sleep, the way you feel about yourself, and the way you think about things.

It is different from feeling "blue" or down for a few hours or a couple of days. It is not a condition that can be willed or wished away.

What causes depression?

There is no single cause of depression. There are many reasons why a woman may become depressed:

- Hormonal factors - menstrual cycle changes, pregnancy, miscarriage, postpartum period, perimenopause, and menopause
- Stress - at work and home, single parenthood, caring for children and for aging parents
- Family history - inherited (it's in your genes); it can also occur in people with no family history
- Medical illness - stroke, heart attack, cancer
- Chemical imbalance - changes in the brain chemistry

What are the signs of depression?

Not all people with depression have the same symptoms. Some people might only have a few, and others several. If you have one or more of these symptoms for more than 2 weeks or months at a time, see your doctor.

- Feeling sad, anxious, or "empty"
- Feeling hopeless
- Loss of interest in hobbies and activities that you once enjoyed
- Decreased energy
- Difficulty staying focused, remembering, making decisions
- Sleeplessness, early morning awakening, or oversleeping and not wanting to get up
- No desire to eat and weight loss or eating to "feel better" and weight gain
- Thoughts of hurting yourself
- Thoughts of death or suicide

- Easily annoyed, bothered, or angered
- Constant physical symptoms that do not get better with treatment, such as headaches, upset stomach, and pain that doesn't go away

How can I get help for my depression?

Below are some people and places that can help you get treatment.

- Family doctor
- Counselors or social workers
- Family service, social service agencies, or clergy person
- Employee assistance Programs (EAP)
- Psychologists and psychiatrists
- If you are unsure where to go for help, check the Yellow Pages under "mental health," "health," "social services," "suicide prevention," "crisis intervention services," "hotlines," "hospitals," or "physicians" for phone numbers and addresses.

For more information

For more information on depression, call the National Women's Health Information Center at (800) 994-9662 or contact the following organizations:

National Institute of Mental Health

Phone Number: (800) 421-4211

Internet: www.nimh.nih.gov/

National Suicide Prevention Lifeline

Phone Number: (800) 273-TALK (8255)

Internet: www.suicidepreventionlifeline.org/

Kristin Brooks Hope Center

Phone Number: (800) SUICIDE (784-2433)

Internet: www.hopeline.com/

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Reviewed by: Catherine A. Roca, M.D., Chief, Women's Programs at the National Institute of Mental Health.

Ready for Your Screening Visit? We Need Your Help!

Did you know that what happens at your EWM Program screening visit not only benefits you, but impacts the future of the Program? Read on to find out how you can help us continue offering screening and education services to Nebraska women for many years to come.

A few questions can mean a lot to us.....

Answering the Health Risk Assessment questions in the gray shaded area of your screening visit card may seem like no big deal. But it is! Your response helps us and other programs plan for future programs, education and information related to good health. These questions are also required by our funder, the Centers for Disease Prevention and Control (CDC) so we can show that the Program is making a difference in your lives.

Leaving the gray shaded questions blank puts the Program at risk to loose funding and we all want to continue the EWM Program services that have been in place for 18 years.

Help Us: Fill out **ALL** of the gray shaded areas on your screening visit card. This includes name, ethnicity, income, and the Health Risk Assessment.

Did you have two blood pressure readings taken.....

While having your blood pressure taken at your screening visit may seem routine, did you know that our Program requires TWO blood pressure readings and many of your providers forget to take them?

Taking TWO blood pressure readings is important and is part of a specific set of national guidelines in place to help you receive the best possible care. When TWO blood pressure readings are taken they can be compared to get a more accurate reading. An accurate reading may mean the difference between a diagnosis of high blood pressure and in some cases a prescription for medication. Your readings may be different if you are nervous, standing up or sitting down.

Without TWO blood pressure readings, the Program must submit incomplete records to our funder.

Help Us: Please remind your EWM Provider that you need to have TWO blood pressure readings taken during your visit.

Know Your Numbers.....

Our new 2009 Screening Visit Card has a whole section for you to make note of your “numbers” and take them home! The “Heart Health Screening Results” page of your screening visit card is new this year and is a place for you to record your height, weight, blood pressure readings, cholesterol and diabetes risk. Knowing these numbers helps you stay in control of your heart health. This section of your card also has a place for you to set goals and talk with your provider about how you can make changes for your health.

Knowing your numbers is an important part of living a healthy life. When you are aware of your risk for high blood pressure, high cholesterol, and diabetes you can make small but important changes each day to improve your health that helps you to live longer.

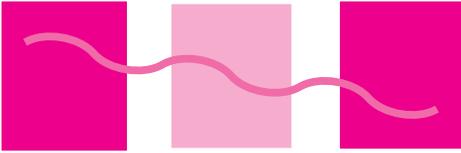
Help Us: Remind your provider to discuss with you the results of your screening tests, discuss goal setting, and to tear off the “Heart Health Screening Results” panel and send it home with you.

Can We Reach You.....

The Program serves thousands of women each year. In doing so we print and mail tailored information to every qualifying client. That is a lot of paper and postage!

When the Program mails materials to someone who has moved and does not leave a change of address, it comes back to us. A significant amount of paper and postage could be saved if it was to get to that client or we could make a change in our records beforehand.

Help Us: Please contact the Program if your eligibility has changed, you have moved or your contact information has changed. You may call our office at 1-800-532-2227.



Newsletter Survey: Your Feedback Is Important

The Nebraska Department of Health and Human Services is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Cancer Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation, and Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services. #U58/DP000811, #U58/DP001421 and #3U55DP725047

This newsletter is published 3 times per year by the NDHHS Every Woman Matters Program. If you wish to reproduce any of the articles in this newsletter, in whole or in part, please contact us for permission.



If you'd like to see past issues of the EWM Client Newsletter "Healthy Days...Healthy Ways," please log onto our website at:

www.dhhs.ne.gov/womenshealth

Did you find the newsletter survey located within this newsletter? Great! **Please take a moment to fill it out.** Your comments will help us determine how future newsletters look and how they are sent out.

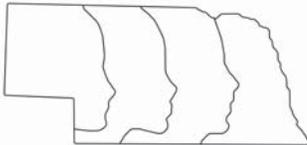
The Program has been asked to save printing and mailing costs. To use our dollars more effectively, promote up-to-date information to our clients, and to be environmentally friendly; the Program is looking toward on-line newsletters available via our website.

But before we make any changes, we would appreciate your comments!

By returning your survey, you will help us decide if an on-line newsletter will work for you. We continue to do business as usual but with less paper, less postage and less financial resources. Your survey response will help us do business in a way that meets your needs!

Thank you in advance for taking part in the survey!

Every Woman Matters



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