

Healthy Ways... Healthy Days

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 to offer screening and education services to Nebraska women for many years to come.

A few answers can mean a lot...

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 responses help us

create meaningful health education programs for EWM consumers.

Because the **Health Risk Assessment** questions are required by our funder, the Centers for Disease Control (CDC), leaving the gray shaded questions blank may put the Program's funding at risk.

Please help us by filling out all of the gray shaded areas on your Screening Visit Card.

Have two blood pressure readings taken...

Taking TWO blood pressure readings during an office visit is im-

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portant and part of a specific set of national guidelines in place to help you receive optimal care.

When TWO blood pressure readings are taken they can be compared to get a more accurate read-

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~ H1N1 and Seasonal Flu: Prevention & Treatment ~

Who Should Get Vaccinated?

The CDC is encouraging the following people to get the H1N1 vaccination.

- pregnant women,
- people who live with or care for children younger than 6 months of age,
- health care and emergency medical services personnel,
- persons between the ages of 6 months through 24 years of age,
- and people from ages 25 through 64 years who are at higher risk because of chronic health disorders or compromised immune systems.



Signs and Symptoms of H1N1

Same as seasonal flu, but symptoms may be more severe.

Fever

Coughing and/or sore throat

Runny or stuffy nose

Headaches and/or body aches

Chills

Fatigue

In addition to the above symptoms, a number of H1N1 flu cases reported:

Vomiting

Diarrhea

Flu Clinic Near You At:

www.dhhs.ne.gov/influenza/clinics.htm, or call your local health department.

For More Info: **1-800-CDC-INFO(232-4636)**.

See Also: *What Cancer Patients and Survivors Should Know About the Flu:*

<http://cdc.gov/cancer/flu/>

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ing. 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 data to our funder.

Know Your Numbers...

Our new 2009 Screening Visit Card has a special section for keeping track of your “numbers,” each time you get your blood work

done. The “Heart Health Screening Results” page of your Screening Visit Card allows space for you to record your height, weight, blood pressure, cholesterol and diabetes risk. You can carry these important numbers with you at all times.

Knowing your numbers helps you stay in control of your health. This section of your card also has a place for you to write down the health goals you and your provider discuss.

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 help you to live longer.

Help Us...

Please remind your provider to discuss the results of your screening tests, goal setting and to tear off the “Heart Health Screening Results” page and send it home with you.

~ Women’s Heart Attack Symptoms Different from Men’s ~

If you’re a woman, you may not believe you’re as vulnerable to a heart attack as men—but you are. Women account for nearly half of all heart attack deaths. Heart disease is the number one killer of both women and men.

There are differences in how women and men respond to a heart attack. Women are less likely than men to believe they’re having a heart attack and more likely to delay in seeking emergency treatment.

Further, women tend to be about 10 years older than men when they have a heart attack. They are more

likely to have other conditions, such as diabetes, high blood pressure, and congestive heart failure—making it all the more vital that they get proper treatment fast.

Women should learn the heart attack warning signs. These are:

- **Pain or discomfort in the center of the chest.**
- **Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach.**
- **Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or lightheadedness.**

As with men, women’s most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you feel heart attack symptoms, do not delay. Remember, minutes matter! Do not wait for more than a few minutes—5 minutes at most—to call 9-1-1. Your family will benefit most if you seek fast treatment.

Source: National Heart Lung and Blood Institute, <http://www.nhlbi.nih.gov/actintime/haws/women.htm>.

Six Key Steps To Reduce Heart Attack Risk

1. Stop smoking
2. Lower high blood pressure
3. Reduce high blood cholesterol
4. Aim for a healthy weight
5. Be physically active each day
7. Manage diabetes

~ Three Simple, Specific New Year's Resolutions that Will Trim Your Waistline ~

Weight loss is the most popular of all the self-improving New Year's resolutions. However, it's hard to stick with a goal as big, or as vague, as weight loss. You'll have greater success if you make one of these simple, specific, concrete New Year's resolutions, which all have weight loss and greater health as benefits!

I. Drink More Water

Weight loss depends, literally, on hydration. Without an adequate water supply, your body won't be able to break down stored fat, and you won't shed a single pound! Water also keeps your stomach full and your mouth and hands busy, which can help stop the urge to overeat at the dinner table, and curbs the desire to snack between meals. You should strive for the equivalent of eight six-ounce glasses of water each day.

II. Sleep More Hours

One of the best New Year's resolutions that you can make for your waistline is pledging to sleep more

hours! The weight loss benefits of getting a good night's rest range from having more energy for exercise to having increased mental clarity that will help you make smart eating choices, but the number one reason why more sleep means more weight loss has to do with stress. When you get a good night's sleep, your system is more likely to handle stressful situations without producing the stress hormone cortisol. If you can reduce cortisol, you'll enjoy easier weight loss, and if you sleep more hours, you'll reduce your cortisol. To get the full weight loss benefits of sleep, aim for at least seven and a half hours per night.

III. Plan Your Meals

This year, try making one or two New Year's resolutions that will help motivate you to make healthy, low-fat meals at home. You can get ambitious and plan a week's worth of meals at a time, making a big grocery shopping trip and doing some advance prep work (chop-

ping, peeling, etc) on the weekends, or you can keep it small, and plan to cook a healthy Tuesday night dinner every week for two months. Whatever the scope of your New Year's resolutions about meal planning, they'll help you think more closely about what you eat, and that means it'll be easier to lose weight. Plus, planning meals in advance tends to reduce stress and help you be more efficient at the grocery store. By Wanda Leibowitz, 2009 © Associated Content, All rights reserved.



Are You an EWM Client?

Can We Reach You?

Please contact us at:

1-800-532-2227

if your address, income or insurance status has changed.

~ Surviving the Holidays ~

If the holidays are supposed to be a time for happiness and cheer, why am I so stressed out?

The Four Main Trigger Points of Holiday Stress and Depression:

•Relationships.

Relationships can cause turmoil, conflict or stress at any time. But tensions are often heightened during the holidays. Family misun-



derstandings and conflicts can intensify, especially if you're all thrust together for several days.

•**Finances.** Like your relationships, your financial situation can cause stress at any time of the year. But overspending during the holidays on gifts, travel, food and entertainment can increase stress as you try to make ends meet while ensuring that everyone on your gift list is happy.

•**Physical Demands.** The strain of shopping, attending social gather-

ings and preparing holiday meals can wipe you out. Feeling exhausted increases your stress, creating a vicious cycle. Exercise and sleep are good antidotes for stress and fatigue.

•Memories and Expectations.

What Causes Holiday Stress?

•**Doing Too Much:** The problem with the holiday season is that we often experience too much of a good thing. Too many activities, even if they are fun activities, can culminate in too much holiday

~ Exercising with Arthritis: Improve your joint pain and stiffness ~

Exercise is crucial for people with arthritis. It increases strength and flexibility, reduces joint pain, and helps combat fatigue. Of course, when stiff and painful joints are already bogging you down, the thought of walking around the block or swimming a few laps might make you cringe. Even moderate exercise can ease your pain and help you maintain a healthy weight. When arthritis threatens to immobilize you, exercise keeps you moving.

Check With Your Doctor First

Talk to your doctor about how exercise can fit into your treatment plan.

Exercises for Arthritis

• Range-of-motion

These exercises relieve stiffness and increase your ability to move your joints through their full range of motion.

• Strengthening

These exercises build strong muscles that help support and protect your joints. Weight training is an example of a strengthening exercise that can help you maintain your current muscle strength or increase it.

• Aerobic

Aerobic or endurance exercises help with your overall fitness. Examples of low-impact aerobic exercises that are easier on your joints include: walking, biking and swimming.

TIP: Try to work your way up to 20 to 30 minutes of aerobic exercise three times a week.

• Other Activities

Any movement, no matter how small, can help. If a particular workout or activity appeals to you, don't hesitate to ask your doctor whether it's right for you.

Tips to Protect Your Joints

Start slowly to ease your joints into exercise if you haven't been active for a while. If you push yourself

to 10 minutes before you move on to strengthening or aerobic exercises.

▶ Exercise with slow and easy movements. If you start noticing pain, take a break. Sharp pain and pain that is stronger than your usual joint pain might indicate something is wrong. Slow down if you notice inflammation or redness in your joints.

▶ Ice your joints after exercising. This can reduce swelling and pain.

Use a cold pack on your joints for 10 to 15 minutes.

Trust your instincts and don't exert more energy than you think your joints can handle. Take it easy and slowly

Why Exercise is Vital

- ▶ Strengthens the muscles around your joints
- ▶ Helps you maintain bone strength
- ▶ Gives you more strength and energy to get through the day
- ▶ Makes it easier to get a good night's sleep
- ▶ Helps you control your weight
- ▶ Makes you feel better about yourself and improve your sense of well-being
- ▶ Lack of exercise can make your joints even more painful and stiff. Not exercising weakens those supporting muscles, making your bones more prone to breaking.

too hard, you can overwork your muscles. This aggravates your joint pain.

• Consider These Tips

▶ Apply heat to the joints you'll be working before you exercise. Heat can relax your joints and muscles and relieve any pain you have before you begin. Heat treatments such as: warm towels, hot packs or a shower, should be warm, not painfully hot, and should be applied for about 20 minutes.

▶ Move your joints gently at first to warm up. You might begin with range-of-motion exercises for five

increase both the amount of time and intensity of your workout.

Don't Overdo It

You might notice some pain after you exercise if you haven't been active for a while. In general, if your pain lasts longer than an hour after you exercise, you were probably exercising too strenuously. Talk to your doctor about what pain is normal and what pain is a sign of something more serious.

Tell Your Doctor if You Have

- ▶ Persistent fatigue or increased weakness
- ▶ Reduced range of motion in your joints

- ▶ Joint Swelling
- ▶ Continuing Pain

If you have rheumatoid arthritis, whether you should exercise during general or local flares is up to you and your doctor. Consider working through your joint flares by doing only range-of-motion exercises, just to keep your body

moving.

From: www.mayoclinic.com

Check with your doctor about exercise programs in your area for people with arthritis. Hospitals and clinics sometimes offer special programs, as do local health clubs. The Arthritis Foundation conducts exercise programs for people with

arthritis in many communities.

Programs include aquatic exercise classes and walking groups.

Contact the **Nebraska Chapter of the Arthritis Foundation** at 1-800-642-5292 to learn more about what's offered in your area.

~ White Bean and Chicken Chili ~

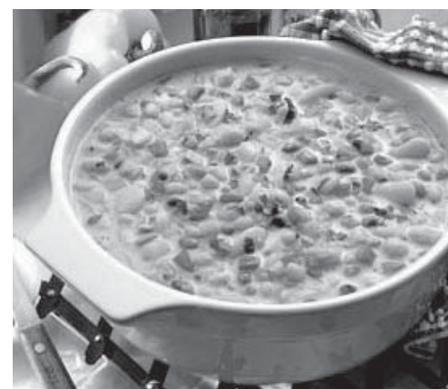
Try this healthy and great-tasting twist on your favorite chili recipe. White Bean Chili is full of calcium and healthy nutrients, and a good source of complex Carbs.

INGREDIENTS

- 1 ½ lbs. skinless chicken breasts
- 4 - 14 oz. cans reduced sodium chicken broth
- 3 - 14 oz. cans white northern beans
- 1 - 14 oz. can white kidney beans
- 2 heaping tsp. cumin
- 2 heaping tsp. oregano
- 2 tsp. chili powder
- 1 tsp. cayenne pepper or a couple dashes of your favorite hot sauce
- 2 Tbsp. chopped garlic
- 2 Tbsp. olive oil
- 2 cups chopped onions
- 1-4oz. can chopped green chilies
- salt and pepper to taste

PREPARATION

- Season chicken breasts with salt and pepper. Poach in 2 cans chicken broth for approximately 15 minutes depending on size. Chicken should be fully cooked, not pink in middle. Keep at a very low simmer, otherwise chicken will be tough.
- While chicken is poaching, combine chicken broth, white northern beans, white kidney beans, cumin, oregano, chili powder, cayenne pepper, and hot sauce in a 6-quart stock pot.
- Sauté garlic and onions in olive oil until tender.
- Add green chilies and sauté 2 more minutes. Add to other ingredients.
- When chicken is poached, let cool and cut or tear into bite-sized pieces.
- Add chicken to chicken stock mixture.



NUTRITIONAL ANALYSIS

Servings per recipe: 6
 Each serving contains approximately:
 275 calories
 33 g. protein
 10 g. carbohydrates
 10 g. fat (2 g. saturated fat)
 29 mg. calcium

The Nebraska Tobacco **QUITLINE** can help you



quit tobacco for good. The toll-free Quitline, 1-800-784-8669 (1-800-QUIT-NOW), gives Nebraska residents 24/7, free access to counseling and support services.



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 GET SCREENED FOR COLON CANCER TODAY
StayInTheGameNE.com

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stress and leave us feeling frazzled, rather than fulfilled.

•Eating, Drinking and Spending Too Much: The temptation to overindulge in spending, rich desserts or alcohol can cause many people the lasting stress of dealing with consequences (debt, weight gain, memories of embarrassing behavior) that can linger long after the season is over.

•Too Much Togetherness: Even the most close-knit families can overdose on togetherness, making it hard for family members to maintain a healthy balance between bonding and alone time.

•Not Enough Togetherness: For those who don't have these family issues, loneliness can be just as much of a problem. As the world seems to be gathering with family, those who rely more on friends for support can feel deserted and alone.

•Seasonal Affective Disorder (SAD): An often unrecognized problem that comes with the holiday season is actually a by-product of the seasons changing from fall to winter. As daylight diminishes and the weather causes many of us to spend more time indoors, many people are affected to some degree by a type of depression known as seasonal affective disorder. It's a subtle, but very real condition that can cast a pall over the whole season and be a source of stress and unhappiness during a time that people expect to feel just the opposite.

12 Ways to Prevent Holiday Stress and Depression

1. Acknowledge your feelings. If a loved one has recently died or you

aren't able to be with your loved ones, realize that it's normal to feel sadness or grief. It's OK now and then to take time just to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Seek support. If you feel isolated or down, seek out family members and friends, or community, religious or social services. They can offer support and companionship. Consider volunteering at a community or religious function. Getting involved and helping others can lift your spirits and broaden your friendships. Also, enlist support for organizing holiday gatherings, as well as meal preparation and cleanup. You don't have to go it alone. Don't be a martyr.

3. Set differences aside. Try to accept family members and friends as they are, even if they don't live up to all your expectations. Practice forgiveness.

4. Be realistic. As families change and grow, traditions and rituals often change as well. Hold on to those you can and want to. But accept that you may have to let go of others. For example, if your adult children and grandchildren can't all gather at your house as usual, find new ways to celebrate together from afar, such as sharing pictures, e-mails or videotapes.

5. Stick to a budget. Before you go shopping, decide how much money you can afford to spend on gifts and other items. Then be sure to stick to your budget.

6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make one big

food-shopping trip.

7. Learn to say no. Believe it or not, people will understand if you can't do certain projects or activities. If you say yes only to what you really want to do, you'll avoid feeling resentful, bitter and overwhelmed

8. Don't abandon healthy habits. Don't let the holidays become a dietary free-for-all. Some indulgence is OK, but overindulgence only adds to your stress and guilt. Continue to get plenty of sleep and schedule time for physical activity.

9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do.

10. Rethink resolutions.

Resolutions can set you up for failure if they're unrealistic. Don't resolve to change your whole life to make up for past excess. Instead, try to return to basic, healthy lifestyle routines.

11. Forget about perfection.

Holiday TV specials are filled with happy endings. But in real life, people don't usually resolve problems within an hour or two.

12. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, unable to sleep, or irritable. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

Source: Bill Reay, PhD and Susan Feyen, LCSW, Omni Behavioral Health

~ *January* is Cervical Health Awareness Month ~

Your Cervical Health

Cervical cancer is currently the second-leading cause of cancer death among women worldwide. The American Cancer Society estimated that over 9,000 women would be diagnosed with the disease in 2008 and over 3,000 would die from it in the U.S. alone. The good news is that most cases of cervical cancer can be prevented!

EWM feels that it is important to give you all the health information that you may need in order to maintain a healthy lifestyle. There have been many questions raised to EWM staff regarding the need for a Pap test or Pelvic exam after a hysterectomy or even what the difference is between the two tests.

Q: What is a Pap test?

A Pap Test is a way to look at a sample of cells taken from a woman's cervix. The test is used to look for changes in the cells of the cervix that show cervical cancer or conditions that may develop into cancer. If detected early, cervical cancer can be cured. The Pap test is done during a pelvic exam. A doctor uses a device called a speculum

to widen the opening of the vagina so that the cervix can be examined. A plastic spatula or small brush is used to collect cells from the cervix. The sample is then spread on a slide (Pap smear) or mixed in a liquid solution (liquid-based Pap test) and sent to a lab for examination under a microscope.

Every Woman Matters can pay for a Pap test every 2 years (if you meet program guidelines). If you ever have an abnormal Pap test, you and your provider will decide how often you get a Pap test according to program guidelines.

Q: What is a Pelvic Exam?

The provider does a pelvic exam to check your fallopian tubes, ovaries and uterus by putting two gloved fingers inside your vagina. With the other hand, he/she will feel from the outside for any lumps or tenderness. This exam is most often done with a Pap test. Every Woman Matters recommends you have a pelvic exam every year. In order for EWM to pay for the clinic visit every year, a clinical breast exam must be done at the same time as the pelvic exam.

Q: What Can a Pap Find After a Hysterectomy?

The overwhelming reason Paps are done is to detect cervical cancer. Since post-hysterectomy women don't have a cervix, this reason is gone. They can incidentally detect signs of infection -- both vaginal and sexually transmitted. But, most women are past the age range where these are major risks for her.



Q: Is Passing on the Pap Test the Same as Skipping the Annual Exam?

No. Don't confuse a Pap test with a pelvic exam--these are two different procedures. A hysterectomy, especially due to cancer, is a valid reason to continue the pelvic exam. Information about remaining ovaries, pelvic relaxation, bladder positioning, vaginal dryness, atrophy, and recurring tumors can be gained through a pelvic exam. EWM will pay for the annual pelvic exam when it is combined with a breast exam done in the office.

~ **Cervical Cancer Facts** ~

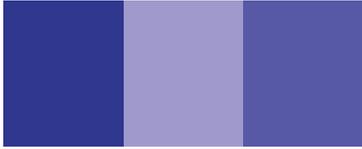
- 11% of United States women report that they do not have their Pap test screenings
- About 10,000 women are diagnosed with cervical cancer each year and about 3,700 women die in the USA each year from this disease.
- Women in developing countries account for about 85 percent of both the yearly cases of cervical

cancer (estimated at 473,000 cases worldwide) and the yearly deaths from cervical cancer (estimated at 253,500 deaths worldwide).

- In the majority of developing countries, cervical cancer remains the number-one cause of cancer-related deaths among women.
- A woman who does not have her regular Pap test screen and HPV (Genital Human Papillomavirus

is the most common sexually transmitted infection. The virus infects the skin and mucous membranes) test when recommended, significantly increases her chances of developing cervical cancer.

- High-Risk HPV Types are directly related to cervical cancer, yet many women are unaware of what HPV is or the relationship it has to cervical cancer.



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.

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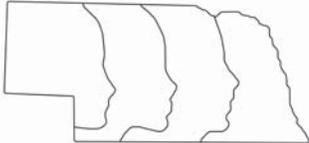
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www.dhhs.ne.gov/womenshealth

Every Woman Matters



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Serve on the Breast & Cervical Advisory Committee!

There are openings for new members who would like to help out on the EWM Breast & Cervical Advisory Committee. It is a two-year term, and you can continue for a second two-year term. You can live anywhere in the State of Nebraska and still help out on the Committee. Every meeting can be attended by conference call with no cost to the members.

The Committee meets one time per month on Thursday evenings from 6 pm to 8 pm. Members have the option to participate in the meetings by conference call. The Committee does fundraising to help pay for services for members of the EWM Program who are diagnosed with breast or cervical cancer. They also plan educational programs to inform people across the state about the EWM Program.

If you are interested in being involved, please go to our website at: www.dhhs.ne.gov/womenshealth/ewm/#Foundation. Choose the "B&C Advisory Committee Application Form." Complete and print the form and mail it to the address at the top of the form.

If you have any questions, or do not have Internet access, please call Mary Lentini at the Office of Women's and Men's Health 402-471-0158 or 877-257-0073, or email mary.lentini@nebraska.gov. We can mail the application form to you.