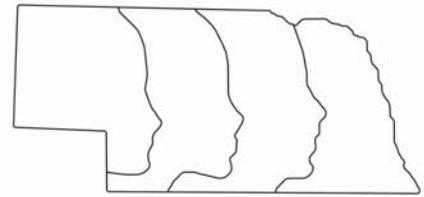


Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

May 2007 - August 2007

Volume 3, Issue 2

Healthy Ways... Healthy Days

Skin Cancer Foundation

The Skin Cancer Foundation is the only global nonprofit organization solely devoted to the prevention, detection and treatment of skin cancer. The mission of the Foundation is to decrease skin cancer incidence and mortality by means of public and professional education, medical training and research. For more information about membership opportunities call 1-800-SKIN-490.

The Foundation wants you to remember to wear your hat. "There are several million Skin Cancer Foundation hat hang tags in circulation in the U.S.," said Art Gardner, past President of The Headwear Association. To be sure you are purchasing a sun-protective hat, look for this hang tag and follow these tips:

- **Size** - A hat with a minimum 2 ¼ inch brim can provide adequate sun protection for the neck, face and ears.
- **Shape** - Hat shapes that protect better against ultraviolet radiation (UVR) are ones that curve down to follow the contours of the head and neck.
- **Color** - Hats should have dark under brims. The dark color absorbs more of the reflected UVR and adds better protection.
- **Material** - The material of a hat should be cool and durable. Fabrics should be tightly woven or lined with fabric that has been tested for sun protection.

Although hats block up to 97 percent of direct UVR, they cannot provide full protection against indirect or reflected UVR. So in addition to wearing a hat, it is important to shield the rest of your skin from sun exposure. The Skin Cancer Foundation recommends the following:

- Seek the shade, especially between 10am and 4pm.
- Apply a broad-spectrum SPF 15 or higher sunscreen every day.
- Apply 2 tablespoons of sunscreen to your entire body 30 minutes before going outside, and reapply every 2 hours.
- Cover up with clothing and UV-blocking sunglasses..
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.



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

www.hhss.ne.gov/womenshealth

or contact us at

every.woman.matters@hhss.ne.gov

Inside this Issue:

SkinCancerFoundation.....	1
SummerFruits&Vegetables.....	2&4
HealthyRecipes.....	3&9
The Gym Outside Your Door	5
GetActivethisSummer.....	5
DoYouKnowYourNumbers.....	6
Mother'sDayGiftIdea.....	7
Father'sDayGiftIdea.....	8
Osteoporosis.....	9
Cooking Dictionary.....	10
SeasonalAllergies.....	11
EWM Phone System.....	12

Enjoying the Summer Fruits & Vegetables Growing Season!

Whether you grow them or purchase them, fresh fruits and vegetables are an important part of the summer scene. Salads, fresh fruit smoothies, and cold veggie soups are some of the flavors of summer. Health experts recommend eating five or more servings a day of colorful fruits and vegetables. The following tips can help you enjoy fruits and vegetables when they are most flavorful.

WHICH FRUITS CONTINUE TO RIPEN AFTER THEY'RE PICKED?

Apricots, bananas, cantaloupe, kiwi, mangoes, nectarines, peaches, pears, plantains and plums continue to ripen at room temperature after they're picked. To speed their ripening, put them in a loosely closed brown paper bag or ripening bowl at room temperature. Plastic bags don't work for ripening. Once fully ripened, fruits may be stored in the refrigerator to lengthen their storage time. Though the outside skin of a refrigerated banana will turn dark brown, the inside will remain light-colored.

Fruits that should be picked or bought ripe and ready-to-eat include: apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines and watermelon.

HOW CAN I KEEP CUT FRUIT FROM TURNING BROWN?

Keep cut fruits, such as apples, pears, bananas and peaches, from turning brown by coating them with an acidic juice such as lemon, orange or pineapple juice. Or use a commercial anti-darkening preparation, frequently called a "fruit protector" such as Ever-Fresh (TM) or Fruit-Fresh (R). Follow the manufacturer's directions.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Avoid leaving cut fruit at room temperature for more than two hours.

SHOULD FRUITS AND VEGETABLES BE WASHED BEFORE THEY'RE PUT AWAY?

The Food and Drug Administration (FDA) advises that we wash our fresh fruits and vegetables when ready to eat them rather than when they're first purchased or picked. Here are some FDA guidelines for safely handling fruits and vegetables:

- Thoroughly rinse raw fruits and vegetables under running water before eating them. Don't use soap, detergents, or bleach solutions.
- If necessary -- scrub firm produce, such as melons and cucumbers, with a clean produce brush to remove surface dirt.
- Try to cut away damaged or bruised areas -- bacteria can thrive in these places.
- Any bacteria on the outside of fruits can be transferred to the inside when the fruit is peeled or cut. To prevent this, thoroughly rinse fruits that require peeling or cutting - such as cantaloupe and other melons -- under running water before eating them.
- If buying fresh, cut produce, be sure it is refrigerated or surrounded by ice. After purchase, put produce that needs refrigeration away promptly. (Fresh, whole produce such as bananas and potatoes do not need refrigeration.) Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.

CAN I FREEZE BELL AND SWEET PEPPERS RAW?

If you've picked a peck of peppers and have too many to eat, try freezing them. Peppers are one of those foods that can be quickly frozen raw without blanching them first. Use these guidelines on freezing bell and sweet peppers raw:

Select crisp, tender, green or bright red pods. Wash, cut out stems, cut in half and remove seeds. If desired, cut into 1/2-inch strips or rings. Good for use in uncooked foods because they have a crisper texture, or in cooked foods. Package raw, leaving no headspace. Seal and freeze.

NOTE: To make it easier to remove only the amount of frozen bell or sweet peppers needed at one time, freeze sliced or diced peppers in a single layer on a cookie sheet with sides. Transfer to a "freezer" bag when frozen, excluding as much air as possible from the bag.

(Continued on Page 4)

Healthy Recipes

GAZPACHO

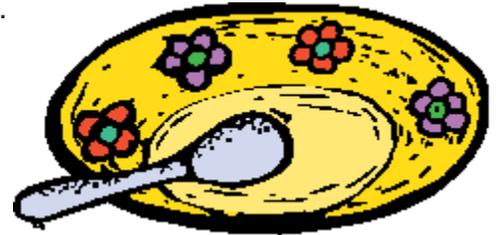
(Makes 6 servings)

6 large tomatoes	1 large cucumber, peeled, seeded and finely diced
1 large green bell pepper, finely chopped	1 medium-sized red onion, minced
3 tablespoons red wine vinegar	2 tablespoons olive oil
Juice of 1/2 lemon	2 to 3 tablespoons fresh parsley, chopped (to taste)
2 tablespoons fresh basil, chopped or 2 teaspoons dried basil	Tabasco sauce to taste
Salt and fresh ground pepper to taste	

To peel the tomatoes, submerge them in boiling water for 15 seconds. Place in a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Chop half of the tomatoes coarsely and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving.

Serve chilled; garnish with herbed croutons if desired.

COOK'S TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes.



NUTRITIONAL ANALYSIS PER SERVING: Calories, 99; Fat, 5 g; Cholesterol, 0 mg, Fiber, 3 g; Sodium, 20 mg.

SOURCE: Centers for Disease Control and Prevention/National Center for Chronic Disease Control and Health Promotion <www.cdc.gov/nccdphp/dnpa/5aday/month/tomato.htm>

RAINBOW FRUIT SALAD

(Makes 12 servings)

Honey Orange Sauce:

1/3 cup unsweetened orange juice	2 tablespoons lemon juice
1-1/2 tablespoons honey	1/4 teaspoon ground ginger
Dash of nutmeg	

1 large mango, peeled & diced	2 cups fresh blueberries
2 nectarines, unpeeled & sliced	2 cups fresh strawberries, halved
2 cups seedless grapes	2 bananas, sliced
1 kiwifruit, peeled & diced	

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour Honey Orange Sauce over fruit.

NUTRITIONAL ANALYSIS PER SERVING: Calories, 97; Fat, 1 g; Fiber, 2 g; Cholesterol, 0 mg; Sodium, 2 g; percent calories from fat, 6%.

SOURCE: Centers for Disease Control and Prevention/National Center for Chronic Disease Control and Health Promotion; Recipe provided by the National Heart, Lung and Blood Institute.



Summer Growing Season (continued from page 2)

Storage Time for Fruits and Vegetables. To extend the time frozen foods maintain good quality, package foods in material intended for freezing and keep the temperature of the freezer at 0 F or below. It is generally recommended frozen vegetables and fruits be eaten within eight months for best quality.

CAN TOMATOES BE FROZEN RAW?

Like peppers, tomatoes can be frozen raw. Frozen tomatoes are best used in cooked foods such as soups, sauces and stews as they become mushy when they're thawed.

Guidelines for freezing tomatoes:

Select firm, ripe tomatoes with deep red color. Wash and dip in boiling water for 30 seconds to loosen skins. Core and peel. Freeze whole or in pieces. Pack into containers, leaving 1-inch headspace. Seal and freeze. Use only for cooking or seasoning as tomatoes will not be solid when thawed.

TIP: Dip just a few tomatoes at a time into the boiling water or the water temperature may be lowered too much to remove the skins without overheating the tomatoes. Place hot tomatoes in a colander and rinse under cold water to make them easier to handle. A knife with a serrated edge works best for cutting tomatoes.

WHAT IS THE BEST PLACE TO STORE TOMATOES? THE KITCHEN COUNTER OR THE REFRIGERATOR?

Don't give tomatoes the cold shoulder. Store them at room temperature (above 55 F) until they have fully ripened. This will allow them to ripen properly and develop good flavor and aroma. A ripe tomato is red or reddish orange, depending on variety, and yields to slight pressure.

The Florida Tomato Committee recommends storing tomatoes with their stem end up. According to the Tomato Committee, "The shoulders are the softest part of the tomato; leaving them stem-side down will almost always result in bruising of the product."

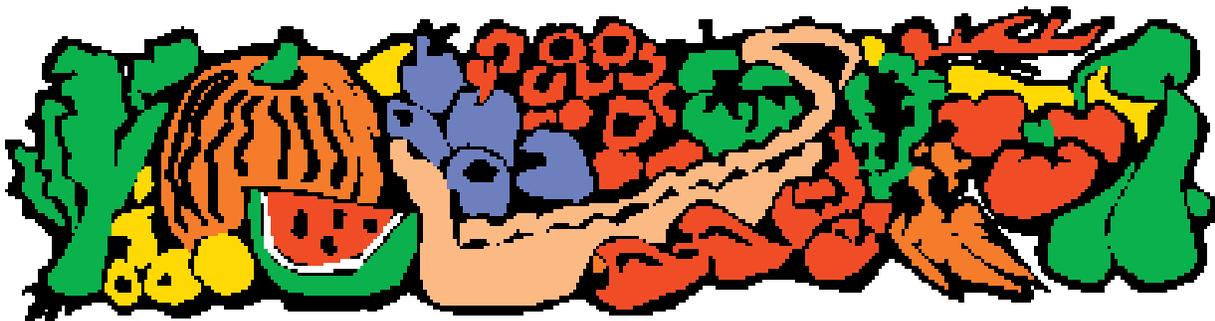
"Try to store tomatoes out of direct sunlight, because sunlight will cause them to ripen unevenly," advises the National Centers for Disease Control and Prevention 5 A Day program. "If you must store tomatoes for a longer period of time, place them (after they're fully ripened) in the refrigerator. Serve them at room temperature."

HOW DO YOU PEEL AND PIT AN AVOCADO?

The California Avocado Commission offers this simple, three-step process for peeling/pitting an avocado:

1. Start with a ripe avocado and cut it lengthwise around the seed. Rotate the halves to separate.
2. Remove the seed by sliding the tip of a spoon gently underneath it and lifting it out. The other common seed-extraction method -- striking the seed with a knife -- is dangerous and not recommended.
3. Peel the fruit by placing the cut side down and removing the skin with a knife or your fingers, starting at the small end. Or simply scoop out the avocado meat with a spoon. Be sure to sprinkle all cut surfaces with lemon or lime juice or white vinegar to prevent discoloration.

* Article adapted from the University of Nebraska Cooperative Extension



The Gym Outside Your Door

Man or woman, young or old, gardening can be great for your health! Why? All that digging, hauling, weeding and raking can build muscle and burn about 325 calories per hour, helping you control your weight. So grab a potting shovel and get started!!

Pace yourself: Limit your first few gardening sessions. Gradually increase your time and workload as you strengthen your back and legs.

Vary activities: Break up strenuous gardening chores such as post hole digging with lighter activities like weeding or transplanting items.

Push, don't ride: Use a push mower instead of a riding mower, or if your lawn is too big to cut without a rider, set aside a portion for a push mower.

Dig it: Try to get some digging in whenever possible; it works major muscle groups, including legs, arms, shoulders and back.

Lift carefully: Use your legs and not your back to lift compost, sacks of grass seed, mulch or other heavy loads.

* Article adapted from Top Health, Oakstone Publishing

Get Active This Summer! More Sunshine Can Mean More Steps!

Despite knowing the importance of leading an active lifestyle, more than half of all Americans do not get enough regular physical activity. Physical activity doesn't need to be strenuous to be beneficial; people of all ages benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking five or more times a week. Summertime is a great time to step up to better health!

It's the perfect time: Days are longer in the summer, so use the extra daylight to your advantage and go for a walk later in the day or in the cool evening. This will also help you beat the heat! Don't forget nighttime safety and wear light colored clothing so you can be seen by drivers, bikers and walkers.

Make it a date: Ask a friend, neighbor, spouse or family member to join you! Making time to be active together is not only good for your health; it's a great time to connect with others which can reduce stress levels.

Step right out your door: Being active doesn't always mean a drive to the gym or fitness facility. Enjoy your neighborhood park, a walk to the post office or local grocery, or create your own route keeping in mind access to sidewalks, scenery and your safety. You might even stop at the local school and see about using the track!

So, lace up a comfortable pair of walking shoes, call up a friend and enjoy the sunshine of summer.
You deserve it and your heart will thank you!

Do You Know Your Numbers?

Our most recent newsletter featured an article about the importance of “knowing your numbers”. Knowing your height/weight, cholesterol and blood pressure are an important part of your heart health. In this newsletter we bring you more information about blood pressure.

According to recent estimates, nearly one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it. In fact, many people have high blood pressure for years without knowing it.

Blood pressure refers to the force of blood against the walls of your arteries. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the “silent killer.” The only way to tell if you have high blood pressure is to have your blood pressure checked.

Know your numbers.....

A blood pressure test is quick and painless. It is measured using a medical instrument called a sphygmomanometer. A rubber cuff is wrapped around your upper arm and inflated. When the cuff is inflated, it compresses a large artery in your arm, momentarily stopping the blood flow.

Next, air in the cuff is released, and the person measuring the blood pressure listens with a stethoscope. When the blood starts to pulse through the artery, it makes a sound. Sounds continue to be heard until pressure in the artery exceeds the pressure in the cuff. The person listens and watches the gauge, then records two measurements.

Systolic pressure is the top number in a blood pressure reading. It measures the force of blood in your arteries as the heart beats. Diastolic pressure is the bottom number and it measures the force of blood as the heart relaxes between beats.

Your healthcare provider should perform TWO blood pressure readings during your office visit. Taking two readings allows your provider to get an average and the most accurate blood pressure reading for you.

What should my numbers be.....

- ~ An ideal or heart healthy blood pressure is below 120/80.
- ~ “Slightly high” is if your top number is between 120-139 and your bottom number is between 80-89.
- ~ “High” is if your top number is between 140-159 and your bottom number is between 90-99.

Talk with your healthcare provider at your next visit about your blood pressure readings and what they mean for you.

Find out how you can reduce your risks for heart attack and stroke with proper monitoring and simple lifestyle changes, even if you have high blood pressure. Knowing your numbers is a key part to a heart healthy life.

Look for more information about cholesterol in our next issue and if you missed the last issue of “Healthy Ways...Healthy Days” and would like the “Know Your Numbers” article or others, please browse our web-site at:

www.hhss.ne.gov/womenshealth

Mother's Day Gift Idea

By Amanda Formaro for www.kidsdomain.com

Show the important women in your life just how much they mean to you with this great for the whole family gift-making project. Help the kids or grandkids give their mom or grandmother this great project idea. This project is rated EASY to do.

What You Need

- Coffee can
- Liquitex Basics Gesso
- Black acrylic paint
- Pink gingham fabric or paper
- Sheer white ribbon
- Potting soil
- Acrylic sealer spray, matte finish
- Potted flower plant
- Rocks or pebbles, enough to line bottom of can
- Screwdriver and hammer
- Light pink acrylic paint
- Toothbrush
- Flower sticker with leaves
- White craft glue (Tacky Glue)
- Potted flower plant
- Black Sharpie or craft pen

What you do:

1. Remove label from coffee can and wash it inside and out. Allow it to dry completely. Sand any rough edges around opening of can if necessary.
2. Parent should poke drain holes by using a hammer to tap the end of a screwdriver into the bottom of the can.
3. Paint outside of coffee can with one coat of Liquitex Basics Gesso. Allow to dry.
4. Paint the can with light pink acrylic paint. Apply a second coat if needed. Let dry.
5. This step is completely optional and can simply be eliminated for smaller children. Put a small amount (about the size of a dime) of black paint on a paper plate. Add a couple of drops of water to the paint to thin it out a little. Using an old toothbrush, pick up some black paint. Before applying this method to the can, test it on a piece of newspaper. Flick the bristles of the toothbrush by dragging your finger or thumb across them. This causes the paint to spray off the brush onto your "target," in this case, the newspaper. Once you are happy with the result, flick the paint all over the pink outer coat on the can.
6. Trim the fabric or colored paper to fit the upper and lower rims of the coffee can. Glue around the upper and lower edge of the can.
7. Ensure that the paint has had adequate time to dry, at least two hours, before doing this step. Using a black Sharpie or craft pen, write the phrase "Motherhood is like fresh flowers that are always in bloom" on the front of the can. Or, you can create your own phrase.
8. Decorate can with flower and leaf stickers.
9. Tie white sheer ribbon around the upper edge of the can, just below the decorative gingham border. Tie into a bow, trim off excess ribbon, and tack in place with a little glue.
10. Spray outside of can with acrylic sealer. Be careful not to spray too much on at once as this can cause drips as well as make the marker run. Allow sealer to dry completely.
11. Place a single layer of pebbles or rocks to the bottom of the can.
12. Add enough potting soil to fill one-third of the can.
13. Transplant potted flower plant into the can, adding in extra potting soil to fill in the gaps and make plant fit snugly.
14. Place potted flower on a plate and water.



Father's Day Gift Idea

Adapted from Better Homes and Gardens Online

The important Men in your life will love this homemade gift. Personalized Stepping Stones: Create an eye-catching garden path with colorful, handmade stepping-stones

What You Need:

- Sturdy but disposable flat container with 1-1/2- to 2-inch sides (Large plastic plant saucers and disposable aluminum baking pans work well; remember that the concrete will leave a residue that's nearly impossible to remove.)
- Alphabet cookie cutters
- Water-based paint, any color
- Paper the size of stepping stone
- Petroleum jelly
- Quick-setting concrete mix (available at hardware stores)
- Container for mixing concrete
- Trowel or short length of 2 x 4 lumber
- Colored aquarium gravel
- Flat decorative marbles
- Paper towels
- Glitter



Before You Begin:

- This is a messy project. Wear old clothes.
- Plan to work outside or in the basement in a location that's close to water for mixing the concrete and cleaning up.
- Cover the work surface with a thick layer of old newspaper.
- Wear rubber or leather gloves when mixing concrete. Wet concrete will wash off hands, but it's abrasive on the skin.
- Supervise children under 12 closely, at least one adult for every two children.

Create Your Stone:

1. Plan the arrangement before you begin. Trace around the plant saucer on paper. Test the layout of lettering by dipping the cookie cutters in water-based paint and stamping on the paper. For a neat border, trim about 1 to 1-1/2-inch off the edges of the plant-saucer tracing; set the paper aside.
2. Coat the inside of the plant saucer with a thick layer of petroleum jelly. Mix the concrete according to the instructions on the package. Pour the concrete into the plant saucer. Shake side to side and tap sides of pan to settle concrete into container. Smooth off the surface with a trowel or short length of lumber.
3. For a border, center the trimmed paper on the concrete. Sprinkle the uncovered concrete with colored aquarium gravel. Press the gravel gently into the concrete until it is just imbedded. Then, press flat marbles into the wet concrete. Use paper towels to wipe away any concrete that oozes over the edges of the plant saucer.
4. Allow the concrete to settle but not harden before imprinting letters. This may take an hour or more. Test occasionally to see if a clean imprint can be achieved. If the concrete is too soft to hold a sharp imprint, smooth the area with the trowel or 2 x 4 lumber and continue to watch until the concrete is at the right stage. Water will probably continue to rise to the top of the concrete. To remove the water, carefully place a paper towel flat on the top and lift away or use a hair dryer. After imprinting letters, sprinkle with glitter if desired.

Healthy Recipes

Tropical Chipotle Chicken Skewers

$\frac{3}{4}$ cup low-sodium ketchup
 3 canned chipotle chilies in adobo sauce
 $\frac{1}{2}$ cup chopped fresh cilantro
 1 $\frac{1}{2}$ pounds boneless, skinless chicken breast, cut into 1 $\frac{1}{2}$ -inch cubes
 1 cup cubed pineapple (1-inch)

$\frac{1}{2}$ cup pineapple juice
 2 teaspoons minced garlic
 32 (about 1 cup) California Ripe Olives, whole, pitted
 8 (12-inch) wooden skewers, soaked in warm water

1. Process ketchup, pineapple juice, chilies and garlic in bowl of food processor. Stir in cilantro. Reserve 1 cup sauce for dipping.
2. Pour remaining chipotle sauce into large bowl and combine with chicken. Cover, refrigerate to marinate for 15-30 minutes.
3. Prepare skewers by threading each with a California Ripe Olive, pineapple chunk and a piece of marinated chicken. Repeat pattern 2 times, then finish each skewer with 1 more California Ripe Olive.
4. Grill skewers over medium-high heat for 7 to 9 minutes, turning to cook evenly. Serve 2 skewers on each plate accompanied with $\frac{1}{4}$ cup of dipping sauce.

Makes 4 servings

NUTRIENTS PER SERVING:

Cal: 240; Cal. from Fat: 20; Total Fat: 5 g Sat. Fat:<1 g; Carb: 22 g; Protein: 27 g; Chol: 64 mg; Sodium: 383 mg; Fiber: 2 g.

A Healthy Lifestyle Can Help Prevent Osteoporosis

Approximately eight million women and two million men in the U.S. have osteoporosis. Additionally, 34 million Americans are estimated to have low bone mass, putting them at risk for osteoporosis.

Osteoporosis is the progressive loss of bone density and thinning of bone tissue. The leading cause of osteoporosis is hormone deficiencies, so women who are menopausal may be at risk. Significant risk of osteoporosis has been reported in people of all ethnic backgrounds. Although it is often reported as an older person's disease, it can strike at any age.

In addition to being menopausal, other risk factors include:

- Personal history of fracture after age 50
- History of fracture in close female relative
- Being thin and/or having small frame
- A family history of osteoporosis
- Anorexia nervosa
- Vitamin D deficiency
- An inactive lifestyle
- Use of certain medications (i.e., corticosteroids, etc.)
- Current low bone mass
- Being female
- Advanced age
- Abnormal absence of menstrual periods
- Low lifetime calcium intake
- Low testosterone levels in men
- Current cigarette smoking
- Excessive use of alcohol

There are no symptoms of osteoporosis in its earliest stages. However, symptoms occurring late in the disease include: fractures of the vertebrae, wrists or hips; low back pain; neck pain; bone pain or tenderness; loss of height over time; and stooped posture.

Treatment options should be discussed with your primary care doctor. They may include medications (estrogen replacement therapy), lifestyle changes (regular exercise) and a diet that includes calcium, vitamin D and protein. Prevention of this disease is a lifelong commitment.

Source: MedlinePlus

A-Z Cooking Dictionary

(Continued from the January-April 2007 Healthy Ways...Healthy Days Newsletter)

Fillet - To cut meat away from the bone.

Flambe - To pour brandy or liqueur over food, warm and ignite with a match.

Fold - To combine a light mixture with a heavier one without stirring or beating, but gently lifting from underneath with a rubber spatula by using an over-and-over motion.

Fork Tender - A way to determine doneness of braised or stewed meat. Meat should feel tender when inserting a fork into the thickest part.

Glaze - A mixture brushed on food which adds flavor and gives a glossy appearance.

Grate - To cut food into small pieces by rubbing against the sharp teeth of a grating tool.

Grill - A quick, dry heat cooking method over charcoal, wood or gas flames. Used for more tender cuts. Less tender cuts can be used if marinated.

Hoisin sauce - An Oriental sauce used in cooking.

Italian Seasoning - A dried mixture of Italian herbs. Can be found in the spice section of the grocery store.

Julienne - To cut fruits, vegetables or meats into match-like strips.

Kabob - Cubes of meat cooked on a skewer.

Marinade - A mixture used to enhance the flavor and/or tenderness of food.

Marinate - To let meat stand in a flavorful, usually acidic, liquid for several hours to add flavor or to tenderize.

Meat thermometer - An instrument used to read the internal temperature of meat.

Mince - To cut or chop in very fine pieces.

Pan broil - A quick, dry heat cooking method using a pan on a stovetop. No oil is used and the pan is uncovered. Used for thinner cuts.

Pan fry - A quick, dry heat cooking method using a pan with a small amount of oil. No lid is used. Used for thinner cuts. Also called sauteing.

Parboil - To partially cook food in boiling water before completely cooking by some other process.

Pare - To cut off the outer covering of a fruit or vegetable with a vegetable peeler.

Phyllo (filo) dough - A tissue thin sheet of dough found in the freezer section of the grocery store.

Preheat - To set an oven or broiler at the desired temperature 15-30 minutes before use so that the temperature is reached before food is put in to cook.

More cooking dictionary terms will be featured in the
September through December 2007 newsletter.

Seasonal Allergies

Seasonal allergies result from being exposed to airborne substances (such as pollens) that appear only during certain times of the year. Seasonal allergies are common. Seasonal allergies (commonly called hay fever) occur only during certain times of the year, particularly during spring, summer, or fall - depending upon what a person is allergic to.

Symptoms of Seasonal Allergies

Typical seasonal allergy symptoms include:

- bouts of sneezing
- congestion
- itchy, watery eyes
- itchy nose
- runny nose

Severe cases may also have additional symptoms such as:

- itchy, reddened, watery eyes
- itchy throat
- Ear popping and fullness
- pressure sensations over cheeks/forehead

Preventing Allergic Reactions

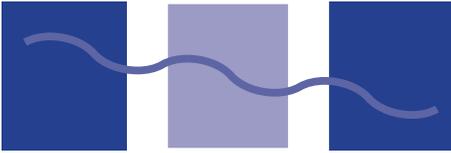
A big part of spring is being outside and enjoying the weather. However for allergy sufferers who fear having an allergic attack the view from the window is the closest they get to being outdoors. If the right steps are taken there is no reason why even the worse allergy sufferers have to miss out on outdoor fun.

Here are some helpful tips to follow:

- Do a thorough spring cleaning - windows, book shelves, and air conditioning vents collect dust and mold throughout the winter that can aggravate symptoms.
- Postpone outdoor activities until later in the morning. Pollens are usually emitted between the hours of 5-10a.m.
- Know your local pollen counts
- If possible, use air conditioning instead of having the windows opened
- When traveling in a car have the windows up and the air conditioning on
- Stay indoors on hot, dry and windy days
- Don't hang your laundry out to dry - allergens will collect on them
- Do not mow the lawn or rake the leaves without a filter mask
- Wash bedding weekly in hot water
- Shower and wash your hair every night before going to bed
- Remove visible mold with non-toxic cleaning products
- Beware of high mold spore counts after a heavy rain or in the evening

Treating Seasonal Allergies

Antihistamines and steroids are usually taken through the nose and can be very effective in controlling allergy symptoms. If you are already on these medications and are still having problems, you should consider talking with an allergist to find out if you would benefit from a course of allergen immunotherapy.



Automated Telephone System

The Nebraska Health and Human Services System 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 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 System. #U57/CCU706734-06, #U57/CCU7191-66 and #U55/CCU725047-01

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NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



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

www.hhss.ne.gov/womenshealth

If you've called us within the last 6 months you've probably noticed we have an automated phone system. When you call us you will get a menu of items in which to choose from. The program has over 55,000 clients enrolled, over 700 providers statewide, and a large network of community partners. By having this automated system, not only will it allow our staff to use their time more proficiently, it will also allow you as the client ease of access to the appropriate staff members, thus receiving the correct information to your questions. Be assured that your phone message will always be answered within two business days, most often times, the same day. Please do not hang up. Please be patient. The office hours are Monday through Friday, 8:00 a.m. - 5:00 p.m. Central Standard Time. If you call after hours you will not be able to leave a message. Here is a helpful menu of numbers to assist you when calling:

"Thank you for calling the Office of Women's Health, Every Woman Matters Program."

Press 1 - For English

Press 2 - For Spanish

Then you'll receive the following menu:

Press 1 - For an Enrollment or Screening Packet

Press 2 - For Billing Questions

Press 1 - For Providers

Press 2 - For Clients

Press 3 - To talk to a Nurse

Press 1 - For Providers

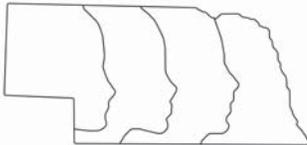
Press 2 - For Clients

Press 4 - For the Colon Cancer Screening Program

Press 5 - For the Office of Women's Health general questions

Press 6 - To speak to a Program Representative/Receptionist

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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