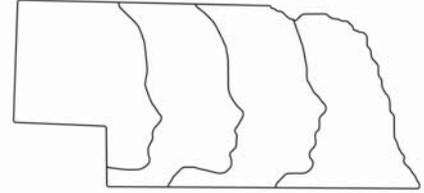


*Every Woman Matters*



*Office of Women and Men's Health*

# Healthy Ways... Healthy Days

September 2007 - December 2007

## Fall - It's the Perfect Season for Physical Activity

In many parts of the country including Nebraska, the fall months bring cooler weather – offering a great time to enjoy outdoor activities. Regular physical activity is just as important to your good health during these months as it is during the rest of the year.

On warm and sunny days, consider a picnic or a family afternoon at a nearby playground for skating, tennis, soccer, or touch football. If you're planning a weekend getaway, think about ways to make it an active one. Look for opportunities to enjoy activities such as hiking, cycling, and canoeing.

If the weather's not right for outdoor activities, look for indoor opportunities. Exercise while watching TV or dance to your favorite CD at home. Check for indoor physical activity programs at churches, schools, and recreation or community centers; or join a walking group at the local mall.

If fewer daylight hours limit your active time, invest in reflective clothing and small lights to be more visible when walking or jogging in the early morning, late afternoon, or at night.

Regardless of the season, remember that it's never too late — or too early — to begin an active lifestyle.

### The Importance of Physical Activity

The health benefits of regular physical activity are well documented. Research has shown that it can help you:

- Control weight
- Control high blood pressure
- Reduce risk for type 2 diabetes, heart attack, and colon cancer
- Reduce symptoms of depression and anxiety
- Reduce arthritis pain and disability
- Reduce risk for osteoporosis and falls

### How Much is Enough?

Adults should get at least 30 minutes of moderately intense physical activity most days, preferably all days of the week.

Most people can get greater health benefits by increasing the intensity or the amount of time that they are physically active.

Volume 3, Issue 3

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

[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)

or contact us at

[every.woman.matters@hhs.ne.gov](mailto:every.woman.matters@hhs.ne.gov)

Inside this Issue:

PhysicalActivity.....	1&7
DoYouKnowYourNumbers?.....	2&4
WinterSquash&Recipe.....	3&9
Colon Cancer Program Reminder...	4
NEWPapTestGuidelines.....	5
Nutrient Content Claims.....	5
What to Expect When Getting Your Mammogram.....	6
NebraskaRacefortheCure.....	8
MakingStridesWalk.....	8
CraftIdea: FallCenterpiece.....	10
HealthyRecipes.....	10-12
EWMPhoneSystem.....	11

*(Continued on Page 7)*

## Do You Know Your Numbers?

### Part 3: Cholesterol

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

#### What is cholesterol?

Cholesterol is a waxy substance your body uses to protect nerves, make cell tissues and produce certain hormones. Most of the cholesterol in your body is made by your liver. Some cholesterol also comes from foods such as eggs, meats and dairy products.

#### Why is a high cholesterol level unhealthy?

While some cholesterol is needed for good health, too much cholesterol in your blood can raise your risk of having a heart attack or stroke.

The extra cholesterol in your blood may be stored in your arteries (blood vessels that carry blood from your heart to the rest of your body). Buildup of cholesterol, or “plaque,” in your arteries will cause them to narrow. This is called atherosclerosis. Large deposits of cholesterol can completely block an artery, so the blood can't flow through.

If the coronary artery (the blood vessel that supplies blood to the muscles in your heart) becomes blocked, a heart attack can occur. If an artery that supplies blood to your brain becomes blocked, a stroke can occur.

#### Risk factors for heart disease:

- Having already had a heart attack
- Being a man 45 years of age or older
- Having a father or brother who had heart disease
- Being a woman who is going through menopause or has completed menopause
- Having a mother or sister who had heart disease
- Smoking cigarettes
- Having high blood pressure or diabetes
- Being very overweight
- Being inactive

#### Are there different types of cholesterol?

Yes. Cholesterol travels through the blood in different types of packages, called lipoproteins.

Low-density lipoproteins (LDL) deliver cholesterol to the body. High-density lipoproteins (HDL) remove cholesterol from the bloodstream.

This explains why too much LDL cholesterol is bad for the body, and why a high level of HDL is good. It's the balance between the types of cholesterol that tells you what your cholesterol level means.

For example, if your total cholesterol level is high because of a high LDL level, you may be at higher risk of heart disease or stroke. If your total level is high only because of a high HDL level, you're probably not at higher risk.

#### Total cholesterol level

- Less than 200 is best.
- Between 200 to 239 is borderline high.
- 240 or more means you're at increased risk for heart disease.

*(Continued on Page 4)*

## Winter Squash - A Wealth of Health This Season!

**Winter squash varieties such as acorn, butternut, pumpkin and spaghetti are an excellent source of vitamins and nutrients needed for good health. Vitamins A, C, B6 and a good source of fiber and potassium all help in the fight against heart disease, diabetes and colon cancer. Check out these helpful tips for selecting, storing and preparing this 'wealth of health' vegetable variety.**

Winter Squash have thick skin, a hollow inner cavity containing hard seeds, and very dense flesh requiring a longer cooking time than summer squash. The skin on winter squash is not edible and the squash must be cooked before eaten. They are picked when fully ripe, unlike summer squash that are picked before fully ripe. Winter squash are drier and have a sweeter taste than summer squash. The skin on winter squash is hard and must be removed before eating the squash. Winter squash are available all year round but their peak season is in early fall to early winter.

**Uses:** Winter squash are often cooked and eaten on their own simply with salt and butter added. They also go well with other seasonings, such as cinnamon, ginger, cloves, and allspice. Some winter squash are sweetened by adding brown sugar, maple syrup, and honey. Winter squash can be added to soups, stews, curries, casseroles, and other dishes. They can be mixed with other vegetables and be used to replace sweet potatoes in most recipes. Winter squash are also used in pies, muffins, cakes, puddings, and other desserts.

**How to Buy:** Select squash that have dull colored skin, firm shells, and are heavy for their size. Smooth, shiny skin is an indication that the squash is not ripe. Avoid squash with damaged spots or that are cracked. If purchasing a cut squash, select a piece with darker flesh, which is an indication that it is nicely ripened.



**Storage:** Most varieties of winter squash can be stored for several months if kept in a cool, dry, dark location.

If exposed to temperatures below 50°F, they will suffer damage, and if it exposed to excessive heat, the squash will begin to convert their starches too quickly. It is best to store the squash with part of the stem still attached to help hold the moisture in and they should not be wrapped when stored, unless they have been cut open.

Then they should be wrapped in plastic and stored in the refrigerator for 4 to 5 days. A cooked squash can be stored in an airtight container in the refrigerator for 4 to 5 days or it can be placed in the freezer for longer storage.

### Varieties of Winter Squash Include:

**Acorn:** A type of winter squash resembling an acorn in shape and typically measuring up to six inches in length. Acorn squash can be found in varieties with coloring of dark green, white and gold. The most common variety has a dark green ridged outer skin and a deep yellow to orange flesh. The Golden variety has a pumpkin orange colored skin with the traditional orange inner flesh. They are delicious when baked with brown sugar, honey, and butter, providing a sweet and somewhat nutty flavor. Smaller individual squash are also commonly served whole, stuffed with ingredients such as sausage, bread, vegetables, and seasonings that may have been baked once and then again inside the squash so it is served as a "stuffed squash".



**Butternut:** A long, pear-shaped squash with a tan skin and orange, sweetly flavored flesh. It is one of the most popular winter squashes and is also known as the pumpkin squash.

**Pumpkin:** A winter squash with orange skin and flesh. Their size can range from very small to very large, close to 1000 lbs. The larger pumpkins are generally grown only for size and are not used as a food. The sweet flesh of the pumpkin is used in baking, often pies, but is also used in puddings, soups, savory dishes and stuffing. In the United States the pumpkin is popular to use for ornamental purposes, such as jack-o'-lanterns for Halloween. They are generally available in late September through October. Canned pumpkin puree is also available in grocery stores or can be made from fresh pumpkin.

*(Continued on Page 9)*

## Do You Know Your Numbers? (Continued from Page 2)

### LDL cholesterol levels

- Less than 130 is best.
- Between 130 to 159 is borderline high.
- 160 or more means you're at higher risk for heart disease.

### HDL cholesterol levels

- Less than 40 means you're at higher risk for heart disease.
- 60 or higher reduces your risk of heart disease.

### What can I do to improve my cholesterol level?

If you smoke, stop smoking. Lifestyle changes, such as an increase in physical activity and improving your diet can also help lower your cholesterol and risk of heart disease.

Talk with your healthcare provider at your next visit about your cholesterol levels and what they mean for you. Don't forget that your Every Woman Matters Program screening visit should include: a blood test for cholesterol, 2 blood pressure readings, a height/weight reading and any other screening exams/tests listed on your card.

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

Look for Part 4 of our "Know Your Numbers" series in the next newsletter. We'll bring you information about Height/Weight and What Your Body Mass Index means for your heart health. If you missed the last issues of "Healthy Ways... Health Days" and would like the "Know Your Numbers" articles or others please visit our NEW web-site at:

[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)

### REMINDER:

## Nebraska Colon Cancer Screening Program for Both Women AND Men

The Nebraska Colon Cancer Screening Program (NCP) is available to both Nebraska women AND men who are 50 years of age and older. The program can provide clients with free or low cost colon cancer screening tests such as the fecal occult blood test (FOBT) kit or a screening colonoscopy.



**No Symptoms Required**  
Every Nebraskan Age 50\* and Older Needs Colon Cancer Screening

\*People who are at increased risk of colon cancer because of family history or medical conditions should begin colon cancer screening before age 50. Ask your health care provider for more information or call 1-800-532-2227 to receive a colon cancer screening enrollment packet.




If you receive a fecal occult blood test kit or a colonoscopy before you enroll in the program or receive it from a provider that is not taking part in providing services for NCP, the program will not be able to assist you with further testing, screening or enrollment. You **MUST** be enrolled in the NCP program prior to getting these tests.

For more information on the Nebraska Colon Cancer Screening Program go to [www.dhhs.ne.gov/crc](http://www.dhhs.ne.gov/crc).

## Pap Test Guidelines

### 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.

### NEW Pap Test Guidelines

Every Woman Matters recommends and can pay for a Pap test according to the following rules:

Pap Test (conventional Pap smear)	Yearly until you have three normal Pap smears
Liquid-based cytology or liquid-based Pap test	Every other year as long as your Pap test is normal

Note: The color and services on your screening visit card will indicate if you need another Pap test. If you ever have an abnormal Pap test, you and your provider will decide how often you get a Pap test.

- **All screening cards have an expiration date (on the label) of 4 months from the time it is issued. If your screening card has expired please call EWM to have a new card reissued.**
- **The screening exams that are listed on your card are what you are eligible to receive at your screening visit.**

Sometimes you or your provider may feel it is important to have a Pap test outside of the recommended guidelines above. There are reasons listed on your screening visit card that make it OK to get a Pap test more often. If you have a Pap test for a reason not listed on your screening visit card, the program cannot pay for it. Discuss with your provider how to pay for this.

### 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.

---

## Nutrient Content Claims

These definitions will help you choose products that are lower in fat, sodium, sugar, and/or calories.

**FREE:** The product contains only a tiny or insignificant amount of fat, cholesterol, sodium, sugar, and/or calories.

**LOW:** A food described as "low" in fat, saturated fat, cholesterol, sodium, and/or calories can be eaten fairly regularly without exceeding dietary guidelines.

**REDUCED, LESS, FEWER:** Means a food product contains 25% less of a nutrient or calories.

**LIGHT/LITE:** means a food product has 1/3 fewer calories or 1/2 the fat of the original. "Light in sodium" means a product has 1/2 the usual sodium.

**MORE:** A food in which one serving has at least 10% more of the Daily Value of a vitamin, mineral, or fiber than usual.

**GOOD SOURCE OF:** One serving contains 10-19% of the Daily Value for a particular vitamin, mineral, or fiber.

## What to Expect When You Get A Mammogram

A mammogram is an x-ray picture of the breast. When having a mammogram, x-rays will be taken of one breast at a time. A mammogram can find breast cancer that is too small to feel. When having a mammogram do not wear deodorant or powder, as they affect the x-ray.

- Having a mammogram requires that you undress above the waist. A gown will be provided by the facility for you to wear.
- A technologist will be present to position your breasts for the mammogram. You and the technologist are the only ones present during the mammogram.
- The whole procedure takes about 20 minutes. The actual breast flattening only lasts a few seconds.
- You will feel some discomfort when your breasts are flattened, and for some women flattening can be uncomfortable. Try not to schedule a mammogram when your breasts are likely to be tender, as they may be just before or during your period.
- All mammogram facilities are now required to send your results to you within 30 days. Generally, you will be contacted within 5 working days if there is a problem with the mammogram.
- Only 2 to 4 mammograms of every 1,000 lead to a diagnosis of cancer. About 10% of women who have a mammogram will require more tests, and the majority only need an additional mammogram. Don't panic if this happens to you. Only 8% to 10% of those women will need a biopsy, and most (80%) of those biopsies will not be cancer.



*Reprinted From the American Cancer Society: [www.cancer.org](http://www.cancer.org)*

Every Woman Matters pays for a clinical breast exams (CBE), teaching of breast self-exam (BSE), mammogram (40+), diagnostic mammogram (30-39 - if signs or symptoms), breast biopsies, breast ultrasound (40+), breast fine needle aspiration, breast cyst aspiration, and other definitive diagnostic tests for breast and cervical cancer.

When being referred for a mammogram or breast ultrasound, your doctor or clinic will give you an Every Woman Matters Mammography Reporting Form. You must take this form with you in order to have your mammogram paid by EWM.

It is very important that your doctor does a clinical breast exam (CBE) before your mammogram. The reason for this is that some lumps do not show up on mammograms but can be felt by a woman or her doctors. Your doctor can tell the technologist where the lump is. The technologist can make sure to take a picture of that area of your breast. If the clinical breast exam can not be done before the mammogram, it should be done within 90 days after the mammogram.

When you have your mammogram, sometimes the doctor who reads your mammogram (radiologist) will order more tests. If you are still at the mammography facility this may be done before you leave or you may be asked to return to have the tests. You should return as soon as possible to have this done, because there is a need for clearer more detailed pictures of your breast.

Computer Aided Detection (CAD) is a tool that some mammography facilities are using to help them read mammograms. **Every Woman Matters CANNOT pay for CAD.**

- The Centers for Disease Prevention and Control (CDC) does not believe that CAD is a better tool than mammography by itself.
- Every Woman Matters (EWM) cannot pay for this service.
- CAD makes the cost of mammograms go up.
- When you get your mammogram you need to ask if they are using CAD and how much extra you will have to pay.
- You can ask that CAD not be done.
- If you want CAD done you will have to talk to the staff about how you will pay for it.

**NOTE:** Most breast health centers and radiologists are using Computer Aided Detection (CAD) when they review mammograms. Currently, EWM does NOT pay for this service. By using CAD, it may cost you an additional \$20 - \$70. If you cannot afford this out-of-pocket cost, be sure to talk to the facility about how the test is reviewed. Ask the facility to use the methods that EWM pays for. If you choose to have a mammogram read by CAD, the facility may ask you to sign a waiver stating this request or ask you to talk to a billing person at your clinic to make arrangements for payment.

## Fall - It's the Perfect Season for Physical Activity *(Continued from Page 1)*

More intense or longer periods of physical activity may be needed to control body weight. About 60 minutes a day may be needed to prevent weight gain.

### Overcoming Barriers

If you have a hard time getting started with regular physical activity, consider the following ways to overcome some common stumbling blocks:

- **Feel you don't have enough time?** Start by doing 10 minutes of physical activity a day and gradually work your way up to 30 minutes. Choose activities that are easy to fit into your everyday routine, such as walking or biking. If you find it hard to be active after work, try an activity before work. Keep a pair of comfortable walking or running shoes in your car and at your office. You'll be ready for activity wherever you go!
- **Can't get motivated?** Plan ahead. Make physical activity a regular part of your schedule. Invite a friend to exercise with you regularly. Join a group that promotes an appealing activity, such as a hiking or walking club.
- **Have no place to be active?** Look around your community for inexpensive, convenient places for physical activity, such as trails, parks, school athletic fields, and community centers.
- **Feel you have no athletic skills?** Choose activities such as walking that require no new skills. You don't need to be an accomplished athlete to enjoy being active. The confidence you gain from simpler activities can inspire you to try new ones.



### Tips for Becoming More Active

Adults need recess too! With a little creativity and planning, even a person with the busiest schedule can make room for physical activity. For many people, time before or after work is often available to cycle, walk, or play sports. Think about your weekly or daily schedule and look for or make opportunities to be more active.

### Consider the following suggestions:

- Walk or cycle to work, school, or the store.
- Park your car or get off the bus about a 10-minute walk away from your destination and walk the remaining distance.
- Take your dog on a long, brisk walk. You'll enjoy it and your dog will too!
  - At work, take 10-minute fitness breaks (such as a brisk walk around your office building) instead of taking cigarette or coffee breaks.
  - Help a friend with gardening or making home repairs.
  - Avoid labor-saving devices. For example, use a push mower instead of a power mower for your lawn.
  - Exercise while watching TV. For example, work out with hand weights; ride a stationary bicycle, treadmill, or stair-climber; or perform stretching exercises.
  - Dance to your favorite CD at home.
  - Get a group of friends together for a weekend morning walk.



Regular physical activity makes important contributions to your health. Take charge of your health by adding more physical activity into your life this season!

## Breast Cancer Awareness Month Activities in Nebraska

### Nebraska Race for the Cure

**Date:** Sunday, October 7, 2007

**Location:** Omaha Civic Center

**Time:** 8:00 am 1 mile Fun Walk and 8:30am 5K Run/Walk

**To Register:** [www.neraceforthecure.com](http://www.neraceforthecure.com)



The Nebraska Affiliate of Susan G. Komen for the Cure raises funds to support the Komen Foundation promise to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Their vision is a world without breast cancer.

The majority of the funds the affiliate raises comes through the Komen Nebraska Race for the Cure®, held annually in October. Other sources of revenue include membership, individual and corporate donations, and memorial or celebration contributions.

Seventy-five percent of donations raised by the Nebraska Affiliate stay in the state of Nebraska to provide services to the women of our community. Most of that money is distributed through the Nebraska Affiliate's Community Grants Program. These are grants made to local nonprofit organizations to provide educational, screening or treatment support services to the women of our community. At least 25% of net donations to the Nebraska Affiliate are put directly toward breast cancer research through the Komen International Grants Program, one of the nation's most innovative, responsive grant programs.

### Making Strides Against Breast Cancer



**Date:** Sunday, October 14, 2007

**Location:** Holmes Park, Lincoln, NE

**Time:** 12-1 p.m.; Pink Ribbon Cutting: 1 p.m.

Making Strides Against Breast Cancer is the American Cancer Society's premier event to raise awareness and dollars to fight breast cancer. Making Strides Against Breast Cancer is a great way to fight back against breast cancer and provide hope to all people facing the disease. Making Strides walks do not have a registration fee or minimum fundraising amount. They are open to men, women, and children of all ages. Making Strides Against Breast Cancer unites friends, families, and coworkers to raise awareness and funds to fight breast cancer. Your support enables the American Cancer Society to fund groundbreaking breast cancer research, provide up-to-date prevention and early detection information, help ensure all women have access to mammograms and follow-up care, and provide free services that improve the quality of life for all patients and their families.

In 2006, 450,000 walkers in more than 120 communities across the country joined the American Cancer Society in our united fight against breast cancer. Together, we raised more than \$40 million through Making Strides events and we did it one donation at a time. Making Strides Against Breast Cancer is more than just a walk it describes the amazing progress we're making together to defeat this disease. For the first time ever, we announced last year that deaths from cancer are declining and more people are surviving this disease. Last year, you helped us raise dollars and awareness that lead to this incredible progress; and we did it together, one walker at a time.

While we are making strides against breast cancer, there is more work to be done to beat this disease ... and we need your help! By participating in Making Strides Against Breast Cancer, you will provide hope and help to millions of people nationwide whose lives have been forever changed by this disease. Join us for a few hours of exercise, inspiration, camaraderie, entertainment, healthy snacks, and most importantly, to honor someone you know who has been affected by breast cancer, especially if that person is you.

## Winter Squash *(Continued from Page 3)*

**Spaghetti:** A winter squash whose flesh, when cooked, forms translucent spaghetti-like strands that have a mild flavor. It can be cooked by baking, boiling and steaming. Spaghetti squash is available throughout the year but is best September through February. When selecting, choose those with smooth skins, avoiding those with soft spots. The larger the squash, the thicker the strands. Store squash in a cool dry place and it should keep for a month or more. Spaghetti squash will not keep quite as long as some of the other winter squashes.

### Basic Preparation

Wash squash under cool running water until all the dirt has been removed.

1. Using a cleaver or large knife, cut the squash in half (lengthwise or crosswise) and remove the seeds and stringy fibers from the cavity with a spoon. Winter squash can be difficult to cut and it is sometimes easier to bake the squash first for 25 or 30 minutes or microwave on high for 5 or 10 minutes and then let it stand for a few minutes before trying to cut it in half.
2. Once the squash is cut in half and seeds removed, it can be quartered, cubed, or sliced if required. Otherwise, cook squash as directed.
3. If the squash is going to be cooked whole, be sure to pierce the skin in several places to allow steam to escape and prevent squash from exploding.

### Tips

When baking, add butter and brown sugar to the cavity for a sweeter taste.

- To remove some of the moisture from the squash before cooking, sprinkle the raw flesh with salt, place cavity side down on a couple of layers of paper towels and allow to stand for 20 to 30 minutes. The salt will draw the moisture out and the paper towel will absorb it. Rinse with cold water before cooking.
- To remove fibers from fibrous squash, whip cooked squash with an electric mixer. The fibers will be caught up in the mixer blades.
- The skin on the squash will be easier to remove after the squash is cooked.

## Spaghetti Squash Primavera

1 sm. spaghetti squash  
 1/2 c. sliced onion  
 1 c. broccoli florets  
 1 c. cauliflower florets  
 1 carrot, grated  
 1/2 c. Parmesan cheese  
 Reduced calorie vinaigrette

Cook squash either by piercing with the tip of a knife in several spots and cutting off a small end slice and then microwaving for about 10 minutes or baking in oven for 30 to 45 minutes. Let squash cool on counter.

Saute vegetables in skillet with small amount of water or broth. Cook until tender. Cut squash open. With a fork remove seeds and center area. Continue the motion of the fork, lifting out the "spaghetti" strands.

Add squash to vegetables in skillet. Mix. Stir in cheese. Pile back into squash shells. Cover with wrap. Serve at room temperature.





## Every Woman Matters 1-800-532-2227

If you have called Every Woman Matters (EWM) within the last 6 months, you have probably noticed we have an automated phone system. When you call us, you will get a menu of items 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 most appropriate staff member.

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**

**Just a reminder that when calling the EWM toll-free number, we cannot assist you with making your screening appointments with your doctor. That is something that you will need to do with your doctors office. To assist you with that process, there is a listing of doctors on our website that you can view or print off. You can view this list at [www.dhhs.ne.gov/womenshealth/ewm/ewm\\_providers.asp](http://www.dhhs.ne.gov/womenshealth/ewm/ewm_providers.asp). When viewing the list you can sort it by city, zip code, county, name of clinic, etc.**

### Meal-In-A-Skin

- 1 medium baking potato
- 1/4 cup frozen soy crumbles
- 1/2 large ripe tomato, diced (or 1/4 cup canned tomatoes)
- 2 tablespoons non-fat sour cream
- 2 ounces low fat shredded sharp Cheddar cheese

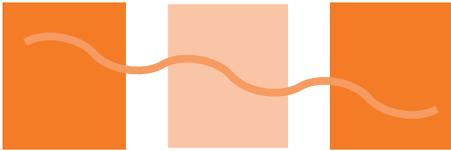
Thoroughly scrub potato. Cook on high power in microwave 4-6 minutes, turning once. Let stand 2 minutes. Heat frozen crumbles in microwave until hot. Slice open and mash cooked potato; mix in crumbles. Spread with sour cream and layer with tomatoes. Cover with cheese. Microwave until cheese melts.

*Source: Favorites from the Heartland (Second Edition)*

*A Soy Cooking Tip*

*Frozen soy crumbles can be used in recipes calling for browned and drained ground meat.*





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 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. #U57/CCU706734-06, #U57/CCU7191-66 and #U55/CCU725047-01

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.

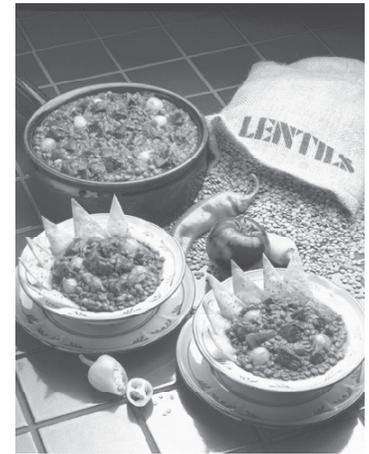


If you'd like to see past issues of the EWM Client Newsletter "Healthy Days...Healthy Ways," please log onto our website at:

[www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)

## Taco Chili

- 2 cans diced tomatoes
- 1 medium onion, diced
- 1 green pepper, diced
- 2 cups frozen soy crumbles
- 1 cup canned soy beans
- 1 can whole kernel corn
- 1 can Bush's Best Chili Hot Beans
- 2 packages taco seasoning
- 1 1/2 teaspoons chili powder



Combine tomatoes, onion and green pepper in large saucepan and boil for 10 minutes. Add remaining ingredients and bring to a boil, and then simmer for 30 to 45 minutes, stirring occasionally. Serve with low fat shredded cheese and tortilla chips.

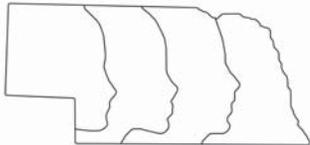
Yield: 8 servings

Source: *Favorites from the Heartland (Second Edition)*

### Soy Cooking Tips

- Roasted soybeans, plain or seasoned, are great for snacking.
- Pureed silken tofu can be used to replace some or all of the sour cream, yogurt or mayonnaise in dips, spreads and salad dressings.

*Every Woman Matters*



NEBRASKA OFFICE OF WOMEN'S HEALTH

Nebraska Department of Health and Human Services  
Office of Women & Men's Health  
Every Woman Matters  
PO Box 94817  
Lincoln, NE 68509-4817  
25-53-00

Phone: 800-532-2227

Fax: 402-471-0913

E-mail: [every.woman.matters@hss.ne.gov](mailto:every.woman.matters@hss.ne.gov)

Website: [www.dhhs.ne.gov/womenshealth](http://www.dhhs.ne.gov/womenshealth)