

The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.

*What can you do for
Women's Health Week?*

Preventive screenings.
Get active.
Eat healthy.

Learn more! Go to:
[http://
www.womenshealth.
gov/whw/about/](http://www.womenshealth.gov/whw/about/)

POINT of INTEREST:

Hips, Ham hocks & Hair:
A Mother-Daughter, Sista
Empowerment Conference
Saturday, May 19, 2012
from 10 a.m. - 5:00 p.m.
at the Rose Hill
Community Center.
Call (302)345-8744

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TO SUBSCRIBE PLEASE CALL
(302)744-4703 or e-mail request
to: OWH@state.de.us

HAVE A SUGGESTION?

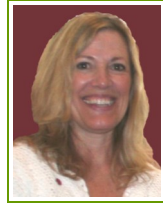
If you have an idea, resource, news
item, or event you would like to
share with the Office of Women's
Health please contact
OWH@state.de.us

SPREAD THE WORD :

Please forward this email to a
friend. Effective community
partnerships depend upon the
sharing of resources.

A Message from the DHSS Secretary

Rita M. Landgraf



Women are many things to their
families and communities: the
mother, the worker, the wife, the
volunteer, the single parent, the leader.
Women are nurturers, taking care of
everyone and making sure things get
done, often putting themselves at the
bottom of a very long "to do" list.

We shove from our minds the thoughts
of what would happen to our
families if we
weren't around to
care for them

*National Women's
Checkup Day
is Monday,
May 14, 2012.*

anymore, and yet this is exactly what we
risk when we don't take care of ourselves.

National Women's
Health Week is
May 13-19, 2012,
a time to remind all
women that they have to
find time for themselves.



This is your time. Use it to arrange
health screenings recommended for
women in your age group, set up a daily
exercise routine, create healthier meal
recipes that you and your family can
enjoy. Use this week to take care of you
so that you can continue to be strong and
healthy for yourself and your family.
Use this week for you - it is your time!

*Links to resources have been provided in the
gold shaded column on the left.*

Heart Disease: Not What You Thought

Delaware has very high rates of
heart disease, the leading
cause of death in women.

Would you recognize the
signs of this disease?
It's tricky—heart disease
may not announce itself
with chest pain or
discomfort; the pain could occur in the
back between the shoulder blades, and
be easily dismissed as a muscular ache
or other mild issue.



It is important women know the signs of
heart disease:

- Fatigue, despite enough sleep.
- Trouble breathing
- Trouble sleeping
- Feeling sick to the stomach

- Feeling scared or nervous
- New or worse headaches
- An ache in the chest
- Chest feeling "heavy" or "tight"
- A burning feeling in the chest
- Pain between shoulders
- Pain or tightness in the chest that
spreads to the jaw, neck, shoulders,
ear, or the inside of the arms
- Belly pain above the belly button

If you or someone you love is experienc-
ing any of the above signs, see your
doctor right away. If you or someone else
is having a heart attack, call 9-1-1 imme-
diately. Quick action can save lives.

For more information on heart disease
and it's prevention, please go to:
<http://www.cdc.gov/heartdisease/>

*The Office of Women's Health was created
to increase the health knowledge for all
Delaware women and engage them
in leading healthier lives.*



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Being OBESE

Besides the negative emotional effects of being overweight, women also face serious health risks when overweight or obese.

Being overweight or obese can increase your risk of:

- Heart disease
- Stroke
- Type 2 diabetes
- High blood pressure
- Breathing problems
- Arthritis
- Gallbladder disease
- Some kinds of cancer

Even a moderate weight loss can help lower the health risks. For help geared specifically to you, get a personalized nutrition and physical activity plan at:

<https://www.choosemyplate.gov/SuperTracker/default.aspx>

YOUNG WOMEN AND GIRLS

experience daily stress trying to keep up with schoolwork, family responsibilities, and a busy social life. A body in a state of change only adds to that stress. This is a time when it is so important for girls to take care of their bodies and create good, basic habits they need to have good health for life. Here is some advice along with helpful links to more information:



- Fuel your body with solid [nutrition](#).
- Take care of your growing [bones](#).
- Avoid junk like [drugs, alcohol, and tobacco](#).
- Feel good by [staying fit](#).
- Learn about a [healthy weight](#) and know your [body mass index](#).
- Visit your doctor regularly and keep up to date on your [vaccinations](#)
- Wear your [backpack](#) correctly to avoid pain and posture issues.
- Learn about [protecting your hearing](#) from earbuds and other risks.
- Learn how [high heels](#) and tight shoes can really cramp your style.
- When [stress](#) strikes, find healthy ways to cope.

It's easier to take care of your body if you understand how it works. [Check out a cool tool that shows you what's going on inside](#) when you eat lunch, take a breath, and even have a thought.

For more info: <http://www.girlshealth.gov/body/knowbody/index.cfm>



Mood swings: A gentle way to describe what a woman might feel during menopause. For some women, these "mood swings" are like emotional volcanoes; rumbling beneath her surface until a shift in her daily life shakes it all loose and - BOOM. When they will erupt or what damage might result isn't predictable, but it's sure that these mood swings can be very unpleasant. And contrary to popular assumption, mood swings and other symptoms of menopause are not "all in her head" but the body's very real response to a major physical shift, the time leading up to a woman's last period.

During this time a woman will have changes in her estrogen and progesterone levels, female hormones made in the ovaries. These changes may lead to a myriad of uncomfortable symptoms which can last for months or years after a woman's period stops. Some symptoms include:

- Irregular periods.
- Hot flashes.
- Mood swings.
- Trouble sleeping.
- Trouble remembering or focusing.
- Changing feelings about sex.
- Joint and muscle aches.
- Vaginal and urinary problems.
- Weight gain, especially around torso.
- Osteoporosis.

These symptoms are challenging, to be sure. But there are steps we can take that can reduce discomfort, such as stress relieving techniques, eating healthy, not smoking, and getting regular exercise.

For extreme symptoms, see your doctor. And hang in there!

Learn more at <http://www.womenshealth.gov/menopause/symptom-relief-treatment/index.cfm>

-Jennifer Wooleyhand

