

The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.

Senator Henry on **OWH** and good things.

Thank you for opening this issue of the Office of Women's Health Newsletter. We hope you enjoy and benefit from the information you find!



POINTS of INTEREST:

August is National Immunization Awareness Month:

Protect yourself and your family—get immunized against infectious diseases. Learn why at: <http://www.cdc.gov/vaccines/vac-gen/howvpd.htm>

The 2012 WIC World Breastfeeding Celebration

Thursday, August 2, 2012
10:00 a.m. - 3:00 p.m.
Dover Downs Hotel & Casino Ballroom C
Route 13, Dover, DE 19901
Contact: (302) 741-2900

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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.



Senator
Margaret Rose Henry

I have spent many years in service to the great people of Delaware, and I know that good things happen when people care about each other.

When I sponsored the legislation to create the Office of Women's Health (OWH) years ago my goal was to have a focused and specialized voice for women's health in Delaware.

Today and every day, women deserve to take time for themselves and make decisions that improve and protect their health.

The Delaware OWH exists to give women the specialized support and information they need to make good choices. Only good can come of such support; it can lift a community.

- MRH

Fetal Alcohol Spectrum Disorder (FASD)

There are approximately 40,000 alcohol affected pregnancies per year in the U.S and yet one in eight women admit to drinking while pregnant.



Fetal Alcohol Spectrum Disorders (FASD's) are permanent birth defects caused by the consumption of alcohol during pregnancy. FASD's vary in type and degree but include brain damage and craniofacial abnormalities.

Currently, there are little to no resources in Delaware for FASD children. Consequently many children are misdiagnosed and don't receive appropriate services or interventions.

The State of Delaware recently formed the FASD Taskforce to raise awareness about this issue; and to raise the alarm - no amount of alcohol is safe for a pregnant woman.

"The task force is a much needed resource for this highly unrecognized epidemic in Delaware and nationwide. Hopefully, with help from the federal FASD Center for Excellence, we will be able to increase awareness in the state and champion the cause nationwide," said Sara Yarnall, co-chair for the taskforce.

For more information please contact Isabel Rivera-Green at 302-255-4722 or Isabel.Rivera-Green@state.de.us or visit the national FASD website <http://fasdcenter.samhsa.gov/>.

Women have interesting roles in this world. And the challenges? Enormous! But every so often, something comes along and lends a hand to the multi-tasking woman with so many things on her mind...

Women and the Affordable Care Act

The Affordable Care Act (ACA) protects women by providing better insurance options, more access to affordable preventive services, lower costs and more options that protect families.

A great website to learn more and discover how the ACA will help you and your family is:

<http://www.healthcare.gov/news/factsheets/2011/08/women.html>

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



Hats!

They can be silly, fun, or attractive; they can help us exhibit parts of our personality, or advertise our favorite sports team. Hats have been perched on our heads since time began; and we have several good reasons to wear them.

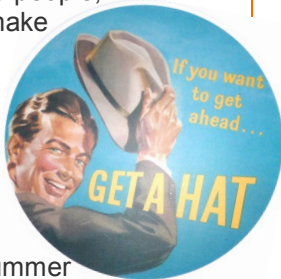


One great reason to wear a hat is that they can be very useful in the fight against skin cancer. Because one-third of

all skin cancers are believed to occur above the neck, wearing a wide-brimmed hat can be a great way to further reduce your cancer risks.

Skin cancer is an often deadly form of cancer that can affect anyone, regardless of skin color or type. It may be more common in light-skinned people, but that fact does not make anyone immune; ultraviolet (UV) rays are damaging to all skin.

Applying sunscreen is always recommended. But add a hat to your summer wardrobe for additional protection!



For more information visit the National Cancer Institute home page: <http://www.cancer.gov/cancertopics/types/skin>

-Jennifer Woolleyhand

HUH?



Celery has negative calories. It takes more calories to eat a piece of celery than the celery has in it!

Approximately five percent of all female deaths can be attributed to Chronic Obstructive Pulmonary Disease (COPD),

a group of diseases which affect the airways and lungs. COPD is the third leading cause of death in America, claiming the lives of 124,477 people in 2007.

COPD is most frequently caused by smoking; a woman smoker is 13 times more likely to suffer and die from COPD than a non-smoking woman. And the problem is growing; this is the eighth consecutive year in which more women have died from COPD than men. It is now estimated that over 64,000 women die from the condition annually.

Emphysema and chronic bronchitis often co-exist in COPD.

The quality of life for a person suffering from COPD diminishes as the disease progresses. At first, there is minimal shortness of breath; then, people with COPD may eventually require supplemental oxygen and have to rely on mechanical respiratory assistance, which limits a person's ability to stay active.

For more information on COPD with important tips on prevention, go to: www.lung.org or call the American Lung Association at 1-800- LUNG-USA (586-4872).

LACK OF BLADDER CONTROL

affects approximately 10 million people in the United States. While common among people over 65 years old, all types of urinary incontinence (UI) rates are highest among women.

Causes of UI vary greatly; pregnancy, childbirth and [menopause](#) are common causes. But both women and men can suffer incontinence as a result of aging, stroke, diabetes, or physical injury.

There are several types of UI. The most common include:

Stress incontinence - This type of UI occurs upon coughing, sneezing, laughing, physical exertion or lifting heavy objects. It's the most common type of bladder control problem in women and may begin with menopause.

Urge incontinence - This condition occurs when people have a sudden need to urinate and aren't able to hold their urine long enough to get to the toilet in time. It is also known as overactive bladder.

Overflow incontinence - This type of UI happens when small amounts of urine leak from a bladder that is always full. Enlarged prostate, diabetes and spinal cord injury can cause this type of incontinence.

Functional incontinence - This condition occurs in people who may have normal bladder control but due to mental or physical limitations have a problem reaching the toilet in time.

There are many ways to treat UI - work with your doctor to find the best treatment for you.

For more information, go to: <http://www.womenshealth.gov/publications/our-publications/fact-sheet/urinary-incontinence.cfm> or <http://www.nia.nih.gov/health/publication/urinary-incontinence>

