

# The Delaware Office of WOMEN'S HEALTH Newsletter

Providing information and awareness about women's health issues.

## A MESSAGE FROM Dr. Karyl Rattay

As a physician, I know that prevention is the best cure for many of our most serious health issues, and that taking care of our own health is the best investment we can make. Turning back the clock to heal our ailments is rarely an option, and counting on this is often a mistake. To avoid risks, and the emotional, physical and financial anguish that accompanies ill health, you have to prevent unhealthy behaviors and plan to be healthy. We have to remember that our bodies are just not made to withstand the assaults of modern high-fat foods or sedentary lifestyles. We are made to move our bodies and eat healthy foods that serve ultimately as our own protection. By avoiding negative behaviors and working to guard our health, we feel better, we look better, and we live longer and stronger. Regardless of how busy our lives are, please remember there is nothing more important than our own health and well-being! And, as women, our good habits tend to ensure the health and well-being of our loved ones, too. There is no greater investment for ourselves or our families. KR



Dr. Karyl Rattay, Director,  
DE Div. of Public Health

### POINTS of INTEREST:

#### COMMUNITY CANCER EDUCATION AND RESOURCE EVENTS:

Join the Delaware Division of Public Health for a community education and resource forum on how Delawareans can reduce their risk for cancer.

**TUESDAY  
OCTOBER 23, 2012  
7:00 pm. - 8:00 p.m.**

Howard J. Weston Community  
and Senior Center  
1 Bassett Avenue, Manor Park,  
New Castle, DE 19720

Resource tables available  
at 6:30 p.m.

The Office of Women's Health  
(OWH) Newsletter:

- Karen McGloughlin, *Editor*
- Glenda Krause, *Research & Distribution*
- Jennifer Wooleyhand, *Newsletter Design, writing, art & photos*
- Ronniere Robinson, *Contributor*

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

#### SPREAD THE WORD:

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



### VACCINATING

young girls for the  
Genital Human  
Papillomavirus (HPV)

has generated some controversy. To some parents, vaccination may indicate permission for their child to engage in sexual activity. But this vaccination is not permission, it's prevention—prevention against a rampant, sexually transmitted infection (STI) that causes cancer.

Approximately 20 million young people are infected with HPV, the most common STI in the United States. HPV associated cancers will affect about 18,000 of these teens and young adults, with cervical cancer being the most common and causing the death of 4,000 women annually.

Vaccination is the proven method to control the spread of this and many other communicable diseases.

Such a realization can be difficult for some parents; but vaccinating a twelve-year old is the surest protection against related cancers.

Learn more about HPV and the HPV vaccination at <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-hpv-gardasil.pdf>

### Sussex County Latina Breast Cancer Project (SCLBCP)

The Sussex County Latina Breast Cancer Project is a new initiative to increase breast cancer education and screening among Latinas in Sussex County, especially underinsured and uninsured women.

This initiative is critical. Breast cancer is the most commonly diagnosed cancer and leading cause of cancer death for Latinas; 48.7 percent of Delaware Latina women screened in 2004-2011 had a diagnosis of regional or late-stage breast cancer

"Until we can prevent breast cancer, our best defense is *earliest* detection and treatment," said Elaine I. Grobman, CEO, Komen Philadelphia Affiliate. "This project will do that through culturally competent education, awareness, and access to services. Through outreach we'll break down barriers of language, poverty, and fears that have kept generations of Latinas from even talking about their breasts."

Many local and appreciated project partners make SCLBCP possible. Funding from the Longwood Foundation, the Philadelphia Affiliate of Susan G. Komen for the Cure®.

For more information, contact Kate McKenzie at [kate@komenphiladelphia.org](mailto:kate@komenphiladelphia.org).

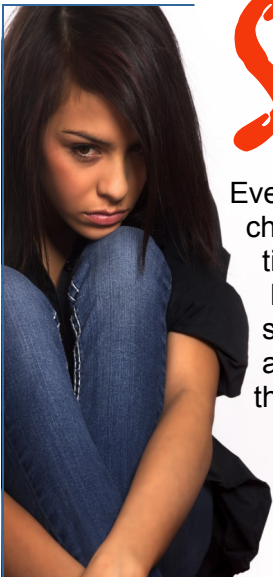
*The Office of Women's Health was created to increase the health knowledge for all Delaware women and engage them in leading healthier lives.*



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health







# STRESS

Everyone—adults, teens, and even children—experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person's ability to cope effectively.

Mass tragedies, including school shootings, workplace violence, and community violence affect different people in different ways. People exposed to these events can experience physical reactions, such as increased heart rate and difficulty breathing, as well as emotional reactions, such as frightening thoughts and painful feelings. Other common signs of stress could include trouble concentrating, irritability, crying easily, trouble sleeping, and/or loss of appetite.

If you or someone you care about seems to be dealing with stress, especially after a traumatic or troubling event, get help from your family, friends co-workers, and others who offer support. Here are some helpful hotlines:

- Disaster Distress Hotline: 1-800-985-5990
- National Suicide Prevention Lifeline: 1-800-273-TALK (1-888-628-9454 for Spanish speaking callers)

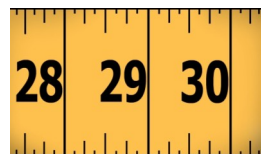
Remember that kids deal with stress, too. It's natural for children to worry, especially when scary or stressful events happen in their lives. Talking with children about these stressful events when they happen, and monitoring what children watch or hear about the events can help put frightening information into a more balanced context.

- Youth Mental Health Line: 1-888-568-1112
- Child-Help USA: 1-800-422-44453

For more information on coping with stress go to: [http://www.cdc.gov/violenceprevention/pub/coping\\_with\\_stress\\_tips.html](http://www.cdc.gov/violenceprevention/pub/coping_with_stress_tips.html)

# STABILIZE the BELLY SIZE

Your waist circumference is a good indication of your future risk for many health conditions: the thicker the waist, the higher your risk — even if your weight is healthy. In fact, an *Archives of Internal Medicine* study found that people with high waist circumferences had double the mortality risk of those with lower measurements, regardless of weight or Body Mass Index (BMI). A large waist circumference means more belly fat, which is linked to higher levels of inflammatory chemicals associated with heart problems and diabetes.



To measure your waist, use a soft tape measure to encircle your waist at the level of your belly button. Not tight, just snug—and no holding your breath! Women should have a waist measurement of less than 35 inches, men less than 40. Any thing greater than that indicates a higher risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

For more information on obtaining a healthy weight, assessing your current weight or about your body mass index (BMI), please go to [cdc.gov/healthyweight/assessing/](http://cdc.gov/healthyweight/assessing/)



**Delaware ranks fifth in the nation for women having health insurance coverage!**

[http://www.healthstatus2020.com/owh/chartbook/ChartBookData\\_list.asp](http://www.healthstatus2020.com/owh/chartbook/ChartBookData_list.asp)

## ESSENTIAL FATTY ACIDS

Despite the fact that our bodies don't produce them, they're called **ESSENTIAL** for a good reason; they are essential for the body's metabolic processes and, ultimately, your good health. We absorb fatty acids from our diets, which should include nuts, vegetable oils, and fish. Learn more at <http://www.cdc.gov/nutrition/everyone/basics/fat/unsaturatedfat.html>

