

The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.

A message from the DPH Nursing Director

Educating people on healthy behavior — how to protect and promote their health, and take good care of themselves and their families — is a major role and responsibility of all public health nurses and others within the Delaware Division of Public Health, where I serve as DPH Nursing Director. It's rewarding to help individuals, families and communities attain better health!

We all know that it's important for women (and men) to eat nutritious meals, get adequate sleep, exercise regularly, reduce stress, balance work and family time, and seek routine preventive health care. But even as I repeat this sage advice, I know that it's not always easy to follow. Sometimes our lives and our schedules get a little bit out of control. But we all need to make time for what really matters; we get only one chance at a healthy life, and we are in the driver's seat. We simply have to make time for healthier choices.

Still thinking you're just too busy? Check out **Five Minutes or Less Weekly Health Tips**. The CDC provides steps you can take in five minutes or less to be safe and healthy. A new tip is added to this page each week:

<http://www.cdc.gov/family/minutes/tips/index.htm>.

Be wise — stay healthy!

KAB



Kristin A. Bennett,
DPH Nursing Director

HIV/AIDS

The commemoration of World AIDS Day on December 1, 2012 highlighted the importance of addressing the needs of women and girls as part of the National HIV/AIDS Strategy. Of the approximately 1.1 million people living with HIV/AIDS in the United States, about 290,000 are women, and women account for 23 percent of new HIV infections.

Combating the HIV/AIDS epidemic must be a priority for women. This includes addressing gender-based violence and gender-related health disparities. Violence can increase the risks women and girls face of acquiring HIV while decreasing their ability to seek prevention, treatment, and health services.

The [National HIV/AIDS Strategy](#), outlines collaboration to decrease new HIV/AIDS infections, improve HIV-related outcomes, and reduce HIV-related disparities.



President Obama issued a [Presidential Memorandum](#) in March 2012, establishing an inter-agency working group charged with developing recommendations that focus on increasing public awareness of the intersection of HIV/AIDS, violence against women and girls, and gender-related health disparities. The group will also be sharing best practices and gender specific strategies aimed at addressing women's risks and vulnerability to HIV/AIDS and violence, and prioritizing the needs of women of color who comprise the majority of women living with and at risk of HIV infection in the United States.

For more information regarding HIV/AIDS read:
<http://www.kff.org/hiv/aids/upload/3030-17.pdf>.

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



POINTS OF INTEREST:

February is
National Heart Month



American
Heart
Association

— March 6, 2013 —

**23rd Annual DHSS
Nursing Leadership Conference**
Dover Downs Hotel
Dover, DE 19901
Contact: Kris.Bennett@state.de.us

— March 9, 2013 —

**Community Outreach
and Wellness Fair**
Fairview Elementary Gym
Dover, DE 19901
Contact:
Pat.Keitel@capital.k12.de.us

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

- Karen McGloughlin, *Editor*
- Glenda Krause, *Research & distribution*
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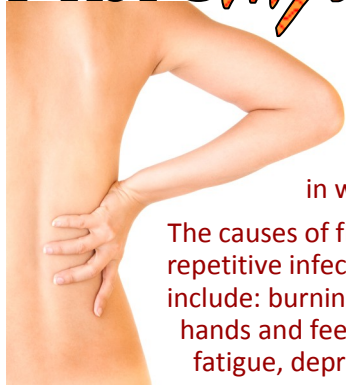
HAVE A SUGGESTION?

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.

Fibromyalgia



One in fifty Americans suffer from fibromyalgia, a common syndrome causing long-term, wide spread pain and tenderness in the joints, muscles, tendons, and other soft tissue of the body. Fibromyalgia can make even simple activities more difficult, and can result in serious lifestyle changes for those suffering with it. And although fibromyalgia can affect people of all ages and genders, almost 90 percent of fibromyalgia cases are found in women age 20-50. Those with a family history of fibromyalgia are more at risk.

The causes of fibromyalgia are unknown, but possible triggers include physical or emotional trauma, repetitive infections, and abnormal pain receptors within the brain. Common symptoms of fibromyalgia include: burning, shooting, or deep aching pain throughout the body, morning stiffness, numbness in the hands and feet, tension or migraine headaches, memory or concentration problems, sleep disturbances, fatigue, depression, and sensitivity to climate change.

Fibromyalgia may last only months or can continue for years, and unfortunately, is difficult to predict.

Treatment usually includes: physical therapy, exercise programs, stress relief techniques, medication for pain relief, and a well balanced diet. Learn more about fibromyalgia at <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001463/>.

The Supplemental Nutrition Assistance Program (SNAP)

A bad economy is felt hardest by the Delaware families in need of food assistance.

SNAP, formerly known as The Food Stamp Program, is a governmental program that provides low-income families with the funds needed to purchase healthy foods at participating grocery stores or farmers markets. SNAP can also help recipients pay other essential household bills without sacrificing their families nutrition. SNAP also benefits local economies, because every \$5 spent in SNAP benefits means a \$9 boost locally. In fact, 2010, SNAP benefits contributed \$14 million to Delaware's economy.

Applicants may contact Matt Talley in New Castle County at (302) 292-1305 ext 249 or mtalley@fbd.org or Brenda Palomo in Kent and Sussex Counties at (302) 424-3301 ext 107 or bpalomo@fbd.org. Se habla Espanol.



Age-related Macular Degeneration

Age-related macular degeneration, also known as AMD, is a painless and sometimes slow advancing eye disease that blurs the sharp central vision you need for straight-ahead activities such as reading, sewing, and driving.



AMD can occur during middle age, but the risk increases with age and is more common among people age 50 and older. AMD is a leading cause of vision loss in older adults. Other risk factors for AMD include smoking, obesity and a family history of AMD.

There are two forms of AMD — dry and wet. An early symptom of wet AMD is that straight lines appear wavy. Dry AMD may begin with a blurred spot in the center of your vision. Over time, central vision in the affected eye can be lost gradually. The most common symptom of dry AMD is slightly blurred vision. If you notice any differences or changes to your vision, **contact your eye care professional at once.** Always maintain regular vision check-ups.

For additional information visit:

<http://nihseniorhealth.gov/agerelatedmaculardegeneration/agerelatedmaculardegenerationdefined/01.html>

ADULT

Eating Disorders

Most women today, regardless of their age, want to be physically fit, healthy, and attractive. But increasingly, women in their forties and even sixties are feeling real or perceived pressures to be not just physically fit but comparably so; and in some cases, the line between being physically fit and obsessive becomes blurred. Even for mature women, this obsession can easily develop into a dangerous eating disorder, such as anorexia nervosa or bulimia. These disorders are serious, with life threatening physical and psychological complications. In fact, eating disorders have the highest mortality rate of any mental illness. Despite that some 24 million Americans of all ages and genders suffer from an eating disorder, only one in ten will receive treatment.

Weight is not the only factor considered in eating disorders; people of normal weight or someone who meets the criteria for depression could also be at risk. The bottom line is that if you think you or a friend or family member may have an eating disorder, you should seek immediate advice from a health care professional.

For more information, visit the National Association of Anorexia Nervosa and Associated Disorders, Inc. at www.anad.org

