

The Delaware Office of WOMEN'S HEALTH Newsletter

Special WOMEN'S HEALTH WEEK ISSUE!



Providing information and awareness about women's health issues.

A message from the DPH Medical Director

As the weather warms up and everyone begins to go outside, it is important to keep in mind measures to take to keep yourself and your family safe.

Like people, mosquitoes and ticks enjoy the warm weather. Not only are their bites itchy and annoying, but they can also transmit serious infections. Take measures to protect yourself and your family as you walk, bike, hike, and garden. Simple things like using insect repellent, draining standing water containers, and checking your body for ticks after outdoor activity can significantly reduce your risk of diseases like Lyme disease and West Nile virus.

If you are travelling to exotic locations this summer, be sure to see your physician at least a few weeks before you travel. Ask them what shots and medications you need to protect yourself from getting sick overseas with such diseases as malaria, yellow fever, and travelers' diarrhea.

Finally, at any time of year, if you are sexually active, it is important to practice safe sex by sticking to one (mutually faithful) partner and using condoms. This will help protect you from being infected with HIV, Hepatitis C, and other sexually transmitted diseases.



Dr. Awele Maduka-Ezeh,
DPH Medical Director

AM-E

Women's Health Week - May 12 - 18, 2013

POINTS of INTEREST:

May 13, 2013

**Skin Cancer Prevention
Press Conference**

Rehoboth Beach Bandstand,
Rehoboth Beach

Contact: Emily.Knearl@state.de.us

June 5, 2013

**Annual Breast Is Best
Conference**

Dover Downs Ballroom C
Dover, DE 19901

Contact: Lisl.Phelps@state.de.us

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

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.

Women's Health Week ART CONTEST

What is a healthy woman? We may all have different ideas. The DPH Office of Women's Health (OWH) invites you to express your vision of a healthy woman through your own original art!

Amateur and professional artists are encouraged to enter this contest from May 15, 2013—August 15, 2013 with an essay or a photograph of their own original two dimensional (2D) artwork. One entry per person, please.

For more information, go to the OWH website: www.dhss.delaware.gov/dhss/dph/ click on Sections and Programs, then Office of Women's Health. You can also call the OWH at (302) 744-4703.

"Great art is as irrational as great music. It is mad with its own loveliness."
-George Jean Nathan

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



Women's Health Week - May 12 - 18, 2013

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health and its importance. It also empowers women to make their health a priority and encourages them to take the following **five steps** to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular check-ups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, not wearing a seatbelt or bicycle helmet, and texting while driving.

[Learn more about National Women's Health Week.](#)



THE DANGER IN DRAGON BREATH

Parents, it seems that a growing number of young kids are taking the "Cinnamon Challenge" -- a dangerous stunt landing kids in the hospital. The challenge is to swallow a tablespoon of ground cinnamon in 60 seconds without the help of a drink. Invariably, the taker ends up gagging and coughing up the spice -- creating a big brown cloud dubbed "dragon breath."

The danger is that cinnamon is composed of cellulose fibers that do not break down when they enter the lungs, possibly causing inflammation, thickening and scarring of the lungs. In just the first half of 2012, 122 calls were linked to misuse of the spice. At least 30 of these needed medical attention, according to the American Association of Poison Control Centers—some problems as serious as a collapsed lung.

This "challenge" can also trigger vomiting, which could be inhaled back into the lungs, potentially causing inflammation and infection known as aspiration pneumonia.

Parents, know what your kids are viewing online, and talk with them about the potential dangers of seemingly harmless stunts.

SOURCES: Steven Lipshultz, M.D., professor, pediatrics, University of Miami Miller School of Medicine; Christina Hantsch, M.D., toxicologist, emergency medicine, Loyola University Health System, Maywood, Ill.; April 22, 2013, *Pediatrics*, online

Boost Your Emotional Health

Your **emotional health** is as important as your physical health. If your emotional health is out of balance, you can experience high blood pressure, ulcers, chest pain, or a host of other **physical symptoms**. When you feel good about yourself, life becomes *easier*.

Here are 10 tips to help you feel good:

Grow your circle of friends. It's wise to have a support group of friends and family.

Learn more. The more you know, the less you fear the future.

Get moving. Any form of exercise that you enjoy will do.

Have sex. It can help make you feel good about yourself and boost self-esteem.

Develop a passion. Find something that brings you real joy — a passion that's yours alone.

Eat and drink in moderation. Nuff said!

Meditate or practice yoga. Relaxation activities help with stress management.

Manage your time. Setting schedules and goals gives you more control of your life.

Get enough sleep. When you're overly tired, even small problems can seem exaggerated. Go to bed!

Learn to say no. Trying to do more than you can handle adds to stress and frustration. Say no!

If you can't shake your emotional problems yourself, or having issues with anxiety or depression, you should see a health professional for help.

For more information visit: <http://www.dhss.delaware.gov/dhss/dsamh/> or <http://girlshealth.gov/feelings/stress/index.cfm>

Also available is **Youth Suicide Prevention & Response Support (NOW ONLINE):** Delaware's 24-hour Child Priority Response Hotline: 1-800-969-HELP (4357) or dial 9-1-1 for emergency response.



Celebrating Women's Health Week! May 12-18, 2013

EASY BRUISING



Easy bruising is common with age, but can sometimes be a sign of a more serious problem, such as a blood-clotting problem or a blood disease. But some people — especially women — are just more prone to bruising than others. As

you age, several factors can contribute to easy bruising, including aging capillaries that weaken and are more prone to rupture. Thinning skin is also a factor; with age, your skin thins, losing some of the protective fatty layer that helps cushion blood vessels from injury. Excessive exposure to the sun accelerates this process.

When does easy bruising indicate a more serious problem?

Consult your doctor if you have unusually large or painful bruises, especially if they seem to develop for no known reason, or have easy bruising and abnormal bleeding elsewhere, such as from your nose, gums or intestinal tract, suddenly begin bruising, especially if you recently started a new medication or develop bruising during an illness in addition to fever or confusion. These signs can indicate low levels of or abnormally functioning platelets — components of blood that help it clot after an injury — or problems with proteins that help the blood clot.

Bleeding disorders tend to run in families. **Women** normally bleed with menstruation and childbirth, so it may be hard to notice abnormal bleeding. In the United States, 1.5 to 4 million women have a diagnosed bleeding disorder. An additional 2 million American women have a bleeding disorder and don't know it. For more info go to:

<http://www.womenshealth.gov/publications/our-publications/fact-sheet/bleeding-disorders.pdf> and <http://www.mayoclinic.com/print/easy-bruising/HQ00355/METHOD=print>

5 ways to use less salt



Sodium chloride (salt) is essential to the body—but only in tiny amounts. The average American gets nearly 20 times more than needed, which can make the body retain water. This increases the amount of fluid flowing through blood vessels, which can raise blood pressure.

Most of the salt we consume comes from prepared and processed foods.

Here are 5 ways to cut back on sodium:

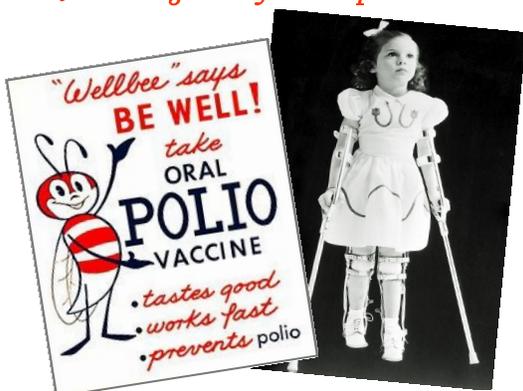
- **Use spices and other flavor enhancers** - enhance the flavor with less sodium.
- **Go nuts for healthy fats in the kitchen.** Healthy fats, like nuts, can add a rich flavor to foods - minus the salt!
- **Sear, sauté, and roast.** Searing, sautéing, and roasting foods builds or brings out flavor.
- If you do steam or microwave food, perk up meals with a finishing drizzle of flavorful oil and a drop of citrus.
- **Get whole grains from sources other than bread.** Skip the extra salt with whole grains outside of baking, such as a Mediterranean whole-grain salad with vegetables, nuts, legumes, a small amount of cheese, herbs and spices, and healthy oils, vinegar or citrus.
- **Know your seasons.** Shop for raw ingredients with maximum natural flavor and shop for peak-of-season produce at your local farm stand or supermarket.

For more information on lifestyle changes visit <http://www.womenshealth.gov/fitness-nutrition/how-to-eat-for-health/reducing-your-sodium.html>

Thanks to effective vaccine, the United States has been polio-free since 1979. But poliovirus is still a threat in some countries. Be part of the success story - get your child vaccinated on schedule.

Polio

"Apart from the atomic bomb, America's greatest fear was polio." - 1950s



In the late 1940s to the early 1950s, polio crippled an average of more than 35,000 people in the United States each year. It was one of the most feared diseases of the twentieth century. Thanks to the polio vaccine, dedicated health care professionals, and parents who vaccinated their children on schedule, polio has been eliminated in the U.S. for over 30 years.

It is crucial to maintain the success rate of U.S. vaccination efforts since the disease still exists in some parts of the world. People most at risk are those who never had polio vaccine, those who never received all the recommended vaccine doses, and those traveling to [areas that could put them at risk for getting polio](#). Visit the U.S. State Department International Travel page, or the [World Health Organization](#) site for timely travel health information. Make sure you get your travel vaccination(s) well before your departure date to ensure complete protection. See your health care professional for more information.



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The history of Mother's Day



The National Women's History Project encourages discovering stories about our mothers, grandmothers, and great grandmothers to help us better understand their lives, the challenges they faced, and ultimately, ourselves and our own times. Recognizing the dignity and accomplishments of women in our own families and those from other backgrounds leads to higher self-esteem among girls and greater respect among boys and men.

To ignore the vital role that women's dreams and accomplishments play in our own lives would be a great mistake. We draw strength and inspiration from those who came before us – and those remarkable women working among us today. They are part of our story, and a truly balanced and inclusive history recognizes how important women have always been in American society.

- In 1858, Anna Jarvis, a young Appalachian homemaker, organized "Mother's Work Days," where women worked to improve the sanitation and ultimately avert deaths from disease-bearing insects and seepage of polluted water.
- In 1872, Boston poet, pacifist, and women's suffragist Julia Ward Howe established a special day for mothers --and for peace. This wise woman felt that wars could be settled without bloodshed if the mothers of mankind interfered. Who better? Mothers alone bear the deepest pain from wars' wasted lives and know the true costs of war. Unfortunately, the tradition of this special day of recognition fizzled out, and was eventually overlooked.
- In 1905, when Anna Jarvis died, her daughter, also named Anna, decided to memorialize her mother's lifelong activism, and began a campaign that culminated in 1914 when Congress passed a Mother's Day resolution. This assigned special day of recognition took hold and grew strong, becoming the celebration it is today.

Now, on a well-deserved special day just for moms, millions of us remember our mothers with flowers and cards, burned but well-intentioned breakfasts, and macaroni jewelry, or sadly mourn the mothers we've lost and so appreciate.



Recognizing
Lillian Wald

Lillian D. Wald (March 10, 1867 – September 1, 1940) was an American nurse, humanitarian and author known for contributions to human rights and as the founder of American community nursing.

She founded the [Henry Street Settlement](#) and was an early advocate and activist for the rights of women and minorities. She campaigned for suffrage and was a supporter of racial integration. She was involved in the founding of the [National Association for the Advancement of Colored People](#) (NAACP).

Wald died in 1940 at the age of 73.

The Kind Policy Award

was given for the first time in 1997. It takes its name from the "Kind Hearted Woman" symbol of the Great Depression which became a way for one transient person to communicate to the next that the house outside at which the sign was scratched or drawn was a home where a meal might be obtained and human kindness was present.

So the Kind Policy Award is not just recognition of housing achievements, but also a means of taking note of Delawareans who have helped to make our state a more hospitable place for our fellow citizens who are ill-housed, precariously housed, and homeless. Its essence is the treatment of fellow human beings in a way which conveys respect and equality, while attempting to empower them.



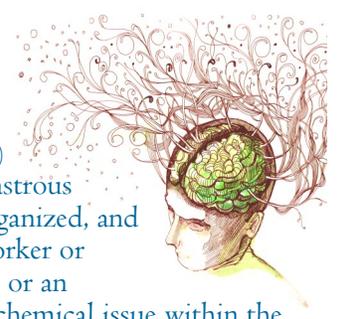
Learn more at:

<http://www.housingforall.org/kindpolicy.htm>



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ADULTS with ADD and ADHD



ADD, or Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are not conditions seen solely in children; these disorders very much affect adults, sometimes with disastrous consequences. For those with ADD, it can be incredibly difficult to stay focused, be on time, keep organized, and complete some of the simplest tasks—good intentions notwithstanding. For the spouse, parent, co-worker or general onlooker, this can be maddening! It may appear that he or she is witnessing a slacker in action, or an irresponsible day-dreamer - but this condition only *appears* to be a willpower problem; it is in fact a chemical issue within the management system of the brain.

Many people with ADD learn to cope with the disorder throughout their lives; but as their level of responsibility mounts, the struggles do likewise, presenting challenges that may or may not be overcome alone. Undiagnosed and untreated ADD/ADHD can cause problems in virtually every area of a person's life; health, careers, and relationships can and do suffer. But a diagnosis can be a wonderful sense of relief and hope, which is why it is so important to recognize and respond to ADD/ADHD.

Here are some of the most common signs or symptoms:

- Trouble concentrating and staying focused
- A tendency to overlook details
- Disorganization and forgetfulness
- Hyperfocus (losing track of time when doing enjoyable things)
- Impulsivity (interrupting people, shopping sprees)
- Emotional difficulties (mood swings, short temper, insecurity)
- Hyperactivity or restlessness (racing thoughts, fidgeting)



People can take steps to improve things for themselves when they know they have ADD/ADHD:

- Exercise to work off excess energy and aggression
- Eat healthier, low-sugar diet to discourage mood swings
- Get 7-8 hours of sleep daily. Being tired exaggerates ADD/ADHD symptoms.
- Practice better time management. Give yourself deadlines, take notes on everything, use timers or alarms to keep you on schedule, and complete tasks as they come in to avoid procrastination and work pile-up.
- Remember the importance of your personal relationships with the people you care about.
- Focus on the good parts of your personality—often ADD/ADHD accompanies incredible creativity, passion, energy and out-of-the box thinking. Set up your environment to support these strengths!

But for those who find that the symptoms of ADD/ADHD are still getting in the way of their lives, it may be time to seek outside support such as individual therapy, medication, behavioral coaching or vocational counseling. It is important to know that no matter how out of control or frazzled a person feels, there is hope. For more information on getting organized and focused, visit: http://helpguide.org/mental/adhd_add_adult_strategies.htm

GOOD to KNOW

Reproductive Health Services

If you are an adult or teen needing confidential reproductive health care, you may be eligible for services which can:

- Promote understanding of good reproductive health and healthy lifestyle behaviors (including abstinence)
- Prevent unplanned pregnancies
- Prevent, diagnose, and treat HP, STIs, HIV, & AIDS as well as certain reproductive cancers

For more information, visit our website at: <http://www.dhss.delaware.gov/dph/chca/dphfpservices1a.html> or contact the Delaware Helpline at 1-800-464-4357 or 2-1-1. Or, call a provider listed below and ask for Family Planning Services.

New Castle County	Kent County	Sussex County
Middletown Health Unit 378-5200	Children and Families First (ARC) 1-800-220-3092	La Red Health Center 855-1233
Henrietta Johnson Medical Center 655-6187	Delaware State University (Students Only) 857-6393	ShIPLEY State Service Center 628-2031
Planned Parenthood 655-7296	Planned Parenthood 678-5200	Pyle State Service Center 732-9512
Porter State Service Center 777-2860	Williams State Service Center 857-5150	Georgetown, Adams State Service Center 856-5225
Westside Family Health 655-5822	Westside Family Healthcare 656-8292	Planned Parenthood 645-2737
Children and Families First (ARC) 658-6134	Milford State Service Center 424-7140	



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