

The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.



Karen McGloughlin

This special edition of the Office of Women's Health newsletter is dedicated to the month of May. May is special for women in many ways. It embraces Mother's Day as well as several health notables such as National Women's Health Week and National Women's Health Check Day. This month also highlights some particularly female health focuses such as National Teen Pregnancy Month, Preeclampsia Awareness Month, and National Alcohol and Other Drug-Related Birth Defects Awareness Week. These are in addition to a slew of other important health-related awarenesses such as arthritis, hearing and speech, food allergy, vision, hepatitis, skin cancer, celiac disease, asthma, osteoporosis, stroke, and more.

Each and every month you will find organizations, health leaders, and advocates working diligently to increase your awareness of factors that can affect your health. We are bombarded every day with an increasing volume of information on what we should and shouldn't do to be healthy. So, what are we to do with all this information? How do we know what is right for us? First and foremost, talk to your doctor. Ensure you have an honest and open conversation with him or her to help you make informed health decisions. Second, always, always check your sources. Do not listen to just anyone about every new discovery. Verify where the information is from and ensure it is a credible source. There are many credible sources available to you.

May is Mental Health Awareness Month

June is Workplace Safety Month

June 5, 2015

8:00 a.m. to 4:00 p.m.

2015 Conference on Women's Health and Justice

Christiana Hilton, Newark
Contact Domenica Personti
302-504-5920 or
dpersonti@brandywinecounseling.org

June 1, 2015, 8:00 a.m.

Dunes Pink Classic Golf Tournament

Bear Trap Dunes Golf Club
7 Clubhouse Dr.
Ocean View, DE 19970
Contact Connie Holdridge
302-644-6844 or
choldridge@debreastcancer.org

June 12, 2015, 8:00 a.m.

Delaware Breast Cancer Coalition hosts

The Shining Light Awards Chase Center, Wilmington Riverfront

Christina Richter
302-778-1102 x1020

The Office of Women's Health (OWH) Newsletter

Karen McGloughlin, Editor

To Subscribe, call
302-744-4703 or e-mail
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

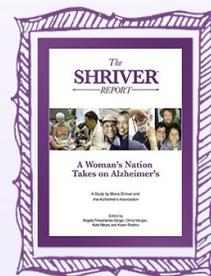
Spread the word.

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

Women Who Inspire

Women's brains are amazing and have changed the world! However, almost two-thirds of Americans with Alzheimer's disease are women. In her 60s, a woman's estimated lifetime risk for developing Alzheimer's is 1 in 6. For breast cancer, it is 1 in 11. Moreover, 60 percent of Alzheimer's and dementia caregivers are women.

More than five million Americans are living with Alzheimer's. By 2050, this number could be as high as 16 million. In 2010, the Alzheimer's Association partnered with Maria Shriver to conduct a groundbreaking poll on the compelling connection between Alzheimer's disease and women. Results from the poll were published in *The Shriver Report: A Woman's Nation Takes on Alzheimer's* and revealed the striking impact the disease has on women — women living with the disease, women who are caregivers, and women whose relatives, friends, and loved ones are directly affected. It launched a national conversation about the far-reaching consequences of this disease and inspired the creation of the Alzheimer's Association's My Brain™ movement.



The mission of the Alzheimer's Association is "to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health." The movement calls on one million women to use their amazing brains to help wipe out Alzheimer's disease. When you talk about Alzheimer's, you help raise awareness and inspire action. Learn the facts. Share the numbers. Help change the future. For more information, visit <https://mybrain.alz.org/women-who-inspire.asp>.

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





FOR & ABOUT WOMEN

National Women's Health Week: May 10-16, 2015

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women improve their health. The 16th annual National Women's Health Week kicks off on Mother's Day, May 10, 2015. To improve your physical and mental health, women should:

- ∞ Get regular check-ups and preventive screenings.
- ∞ Be active, eat healthy, and get enough sleep.
- ∞ Pay attention to mental health and manage stress.
- ∞ Avoid unhealthy behaviors like smoking, alcohol, over-eating, and texting while driving.
- ∞ Wear a seatbelt, motorcycle helmet, bicycle helmet, and other protective gear when needed.

Visit <http://www.womenshealth.gov/nwhw/> for more information about how to get and stay healthy.

Yoga - Benefits the Heart and Mind

Practicing yoga for a few hours each week can help you feel calmer and more balanced, both physically and mentally. New research suggests this habit may also help prevent heart disease.

A recent review of yoga and cardiovascular disease published in the *European Journal of Preventive Cardiology* indicates that yoga may help lower heart disease risk as much as conventional exercise. Compared to no exercise, yoga showed significant improvement for body mass index, blood pressure, cholesterol and body weight. The study was a systematically reviewed randomized control trial, and produced promising evidence that yoga improves cardio-metabolic health.



Performing a variety of yoga postures gently stretches and exercises muscles. This helps them become more sensitive to insulin, which is important for controlling blood sugar. Deep breathing can help lower blood pressure. Mind-calming meditation, another key part of

yoga, quiets the nervous system and eases stress.

Most yoga classes end with a few minutes of meditation, often done while lying flat on your back with your eyes closed. Some yoga stretches may make it easier for you to relax into a meditative state. Because yoga is less strenuous than many other types of exercise and is easy to modify, it's perfect for people who might otherwise be wary of exercise. The muscle stretching encouraged by yoga postures is a good way to cool down after walking, cycling, or other aerobic conditioning. The mindfulness and greater awareness from the meditation helps a person's ability to cope with the stress of illnesses, eat more healthfully, and sleep more soundly.

For more information visit <http://www.health.harvard.edu/blog/more-than-a-stretch-yogas-benefits-may-extend-to-the-heart-201504157868>.



In Case You Missed It: Hospitals in the Pursuit of Excellence, part of the American Hospital Association, released *Equity of Care: A Toolkit for Eliminating Health Care Disparities*. This is a user-friendly "how-to" guide to help accelerate the elimination of health care disparities and ensure organizations reflect the communities they serve. Whether you are beginning this journey or are already deeply engrained in this work, the toolkit was created in response to many requests to gather best practices in one convenient resource. Visit <http://www.hpoe.org/resources/>.