

The Delaware Office of WOMEN'S HEALTH *Newsletter*

Providing information and awareness about women's health issues.

A message from *Michelle Taylor*

As President and Chief Executive Officer at United Way of Delaware (UWD) as well as a wife and mother of three, Michelle Taylor knows the value of maintaining a healthy lifestyle.

"I'm at a point in life where I recognize the importance of eating healthier and exercising regularly. While it's sometimes a struggle, I've made a commitment to myself over the past year. Health check-ups, including regular visits to the dentist, as well as a healthy diet and exercise regimen, are all part of that."

Michelle's dedication to health reaches beyond her personal life. One of UWD's core strategic focus areas is in health, with a mission to ensure all Delawareans have access to healthcare. For example, Delaware 2-1-1, a help hotline led locally by UWD that has helped more than 115,000 Delawareans receive referrals to health and social services. Additionally, through a coalition of UWD and partner agencies, a free, comprehensive Healthcare Resource Guide offers a list of healthcare services in Delaware. UWD has also partnered with key stakeholders to mobilize programs like the Delaware Division of Public Health funded Help Me Grow, and the Young Health Program, both geared towards the health of our future generations. Taylor also created the Women's Leadership Council, which provides a mentorship program to young women through its Women In Action initiative.

Taylor encourages the rest of the United Way of Delaware staff to stay healthy too, through their workplace wellness initiative. Staff members enjoy an on-site Weight Watchers group and fitness encouragement through "Workout Wednesdays."

Taylor says, "At United Way of Delaware, health is one of our primary areas of focus, because we know that healthy communities start with healthy individuals." For more information on United Way of Delaware or its Women's Leadership Council, visit www.uwde.org or call (302) 573-3700.



Michelle Taylor,
Chief Executive Officer,
United Way
of Delaware

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Partners in Policymaking



is a Leadership Training Program that teaches people to be community Leaders. It is designed for parents raising young or school-aged children with a developmental disability or young adults with developmental disabilities.

Trainings provide up-to-date information, education, and skill-building activities about the legislative process and local, state, and national issues that affect individuals with disabilities. *Partners* graduates gain the abilities to teach our policymakers a new way of thinking about people with disabilities.

All trainings will be held at the Hilton Garden Inn in Dover, Delaware from February to September, 2014! Visit: [download the application](http://download.the.application) if you would like to attend. For more information, visit: <http://ddc.delaware.gov/policymaking/index.shtml#A>

POINTS of INTEREST:

October 11, 2013
10:00 a.m.- 3:00 p.m.
(12:30 p.m. press conf)

NHS Flu Vaccination Event
New Castle Farmer's Market,
101 N. DuPont Hwy.
New Castle, DE 19720

October 24, 2013
9:00 a.m.- 3:00 p.m.
(1:00 p.m. Dignitary Tour)

SHS Flu Vaccination Event
Georgetown Presbyterian Church
203 N. Bedford St.
Georgetown, DE 19947



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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.



VACCINES for CHILDREN...

Why we get them and where to find them.

Vaccinating your child safely and effectively protects him or her from 14 serious diseases.

In Delaware, there are programs to help families get low-cost or even free vaccinations:

- **The Delaware Healthy Children Program** is a low-cost, high quality health insurance program for Delaware's uninsured children. Go to: <http://www.dhss.delaware.gov/dhss/dss/dhcp.html>
- **Vaccines for Children Program (VFC):** The Delaware Division of Public Health's VFC program provides FREE VACCINES to eligible children up to age 18 with little or no out-of-pocket costs. Go to: <http://dhss.delaware.gov/dhss/dph/dpc/immunize-vfc.html>

To learn more about vaccine safety, go to: <http://www.cdc.gov/vaccinesafety/populations/parents.html>

TOLD YOU SO

In 1970, astronaut Ken Mattingly could not participate in the Apollo XIII moon mission because he had been exposed to measles.

Backpack Safety Tips



The Backpack. Where were these when we were in school? An incredibly smart object, the backpack allows us to carry heavier loads, utilizing the body's strongest weight-bearing muscles, and it's hands-free! Yes, this genius accessory is most efficient!

But, per the Consumer Product Safety Commission, over 24,000 people were treated in

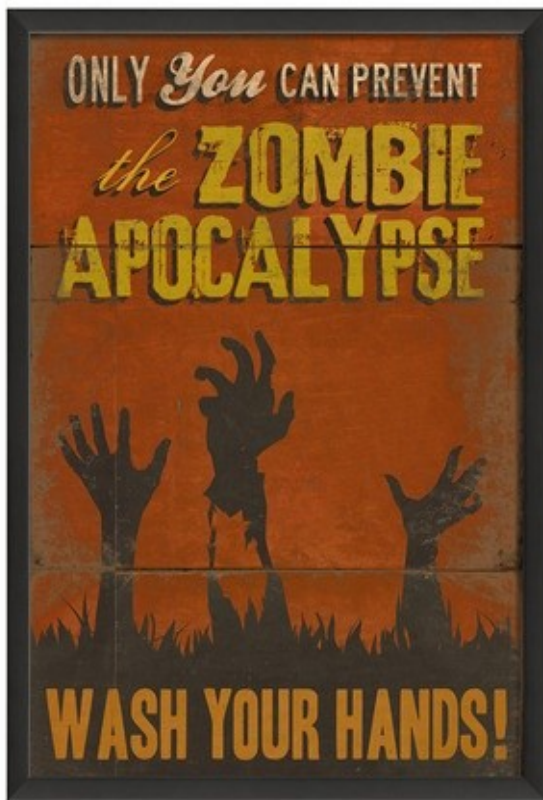
U.S. hospitals and doctors offices for backpack-related injuries *in just one year.*

What are we doing wrong? Well, for starters:

1. Children should carry no more than 15 percent to 20 percent of their body weight.
2. They should use both shoulder straps on backpacks and adjust the straps to keep the load close to the back.
3. When packing, place heavier items low and in the center.
4. Carry only items needed for the school day or homework.
5. Children should stop at their locker throughout the day to drop off heavier books.

Adjusting the load now could avoid potential life-long injuries!

SOURCE: American Academy of Orthopedic Surgeons, news release, Aug. 1, 2013, <http://www.aos.org/news/bulletin/oct07/youraaos3.asp>



A reminder to clip, save and post where your kids can see it!
<http://www.cdc.gov/phpr/zombies.htm>

Preparing for GRIEF



Grief is a natural response to the loss of a loved one, and inevitable at some point in our lives. But it is possible to prepare oneself not only for the impending death of a loved one, but how you fare in the aftermath.

- Build a network of caring people. Let those who are close to you know what you are going through, or what you are about to go through. Let them know you may need more support, understanding, and alone time.
- Look after yourself physically. Make sure you allow yourself plenty of rest, eat a healthy diet, and don't try to do too much. It's too easy to overlook your own physical needs during a time of stress and grief, which only adds to the overall sense of distress.
- Prepare your employer for any additional time off you might need, or if you need to delegate projects to other co-workers. Determine the financial and legal aspects of bereavement you might need in advance, so you are less overwhelmed.
- If you have children, prepare them for a loss by explaining the situation and how they may be feeling afterward. Warn them of any household arrangements that may change, and keep their school informed as well.

Knowing that you are not alone, that all of us share in this painful process in life may offer you strength.

CHRONIC PAIN



is an issue affecting a majority of older adults that is all too frequently unreported and untreated.

Often, pain goes unreported as people assume it's part of the natural aging process, don't know it can be treated, or believe reporting it will lead to expensive tests or

medications. There can also be conditions which hinder communications about pain, such as dementia, hearing or vision loss.

Untreated and undiagnosed pain can lead to more serious health consequences, such as depression, anxiety, decreased mobility, poor sleep, social isolation, and related health risks.

If you have chronic pain, don't assume it's just old bones. See your doctor. Ask questions about the causes and available treatments.

For more information, go to:

<http://www.nlm.nih.gov/medlineplus/magazine/issues/fall11/articles/fall11pg15.html>

The Sad Truth



Depression is defined as "sustained sadness and loss of interest along with psychological, behavioral, and physical symptoms."

It is not just having "the blues" or the emotions we feel during a time of loss; it is a true medical condition. And, considered a mental illness, it is the leading cause of disability worldwide.

Mental illness is associated with increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, and cancer. It is also linked to increased use of tobacco products and alcohol abuse.

Ironically, those suffering from a mental illness may be less likely to seek medical care or treatment for health issues, making them at an even higher risk for adverse health outcomes overall.

If you or someone you know is suffering from depression or another mental illness, reach out—there is help. Learn more. The Centers for Disease Control and Prevention (CDC) offers facts, resources, and information on their website. Go to: <http://www.cdc.gov/mentalhealth/>

SKIN TAGS

More annoying than anything else, these mysterious little growths sprout from the skin of nearly 25 percent of people, usually starting after age 50. Small and harmless, skin tags tend to grow on places of the body where the skin folds and rubs together with movement, such as the eyelids, armpits, neck, and groin.

Depending on where your skin tags are located, you might not choose any treatment. However, people do have them removed for cosmetic reasons, or, if the tag is in an area which gets too much friction, which can cause irritation and bleeding. The treatment for skin tags is relatively simple with cryosurgery, which removes tissue by freezing it, or cauterization, which burns or destroys the tissue with heat. Scarring is either minimal or nonexistent, and the tag is unlikely to reappear; not in the same place, anyway - you may still get tags appearing in other areas.

Usually, the tissue is not analyzed after its removal, the way a typical tumor would be. The exception to this is when the skin tag occurs on a child; this skin tag could be the early stage of a condition called nevoid basal cell carcinoma syndrome, a rare genetic condition involving skin cancer.

In adults, skin tags are more a nuisance or cosmetic woe. Unless they change in appearance, you do not need them to be checked periodically by a doctor. 🐾

WHOLE GRAINS

Healthy, delicious, and affordable, whole grains prove that more is *not* less—it's more!

Often, Americans do a good job of making grains a part of our diet - just not enough *whole-grains*. And eating more whole-grains as a part of a healthy diet can help with weight management and reduce constipation.

Foods with whole-grains contain the entire grain kernel, bran, germ, and endosperm. Whole-wheat flour, oatmeal, bulgur or cracked wheat, whole cornmeal and brown rice are examples.

So, how do you spot a healthy whole-grain snack? Ready-to-eat whole-grain cereals and snack crackers are readily available. Unsalted and unbuttered popcorn is a healthy whole-grain, too. Look for the 100% Whole Grain stamp from the Whole Grains Council for foods that contain a full serving or more of whole grain.

For more on whole-grains and healthy recipes, **Ask an Expert!** Go to: <http://extension.udel.edu/> or <http://www.desu.edu/agriculture-and-related-sciences/Cooperative-extension>

Many thanks to Cheryl Bush, MS, RD, LDN, Extension Agent, University of Delaware Cooperative Extension.

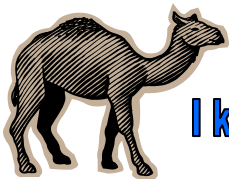
DRINK THAT WATER

Facts you need to know:

- Our bodies are 60% water. Every cell in our body needs water to survive.
- Up to half of all Americans suffer chronic, mild dehydration, causing fatigue, headache, loss of appetite, dry eyes, and mouth.
- Drinking more than six glasses of water every day cuts the risk of developing bladder cancer in half! Evidence suggests it also cuts risks of colon and breast cancers.
- Drinking more water can help you reduce your risk of developing kidney stones.
- As we age, thirst signals weaken, making us more prone to dehydration.

DRINK MORE WATER!

GUESS what TIME it is?



C'mon, c'mon, c'mon...

I know you can hear me!

It's FLU SHOT TIME!

Whup-whup!



**WE GET IT.
The flu vaccine saves lives.
GET IT.**

Go to flu.delaware.gov or call **1-800-282-8672**.