

The Delaware Office of WOMEN'S HEALTH *Newsletter*

March 2014

Providing information and awareness about women's health issues.

March is.....

National Women's History Month Celebrating Women of Character, Courage, and Commitment

The National Women's History Project (NWHP) is the primary resource for information and material about the unfolding roles of women in American history. The NWHP 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. 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 the 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.

Women to Celebrate.....



Virginia Woolf (1882-1941), English author, feminist, essayist, publisher, and critic. Her nonlinear, free form prose style inspired her peers and earned her much praise, making her a very well-respected member of society in a time when women were not encouraged to be vocal intellectuals. Virginia Woolfe was known for the quote, "I would venture to guess that 'Anonymous,' who wrote so many poems without signing them, was often a woman."

Lisa Taylor (1974 – Present), leading civil rights trial attorney, with a focus on educational and disability law, and shows an unwavering commitment to ending discrimination and promoting equality and justice. Lisa was in Naval ROTC as a student and served as an officer aboard the USS *Tarawa*, where she developed the ship's first program to address sexual harassment. Taylor became a lawyer out of a strong desire to serve those who could not serve themselves.



Words of Wisdom.....

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well.

Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people. "

President Jimmy Carter in a Message to the Nation in March, 1980 (Excerpt)

See full message at: <http://www.nwhp.org/whm/1980.php>

POINTS of INTEREST:

April 10, 2014
8:00 a.m. - 2:00 p.m.
17th Annual Breast Cancer Update
Dover Downs,
1131 N. DuPont Hwy.
Dover, DE 19901
[Click here to register today!](#)

April 24 - 25, 2014
8:00 a.m. - 5:00 p.m.
**Powerful Partnerships:
20 Years of the Violence
Against Women Act.**
University of Delaware,
Clayton Hall Conference Center,
Newark, DE 19716
www.dcadv.org/powerful-partnerships

May 11, 2014
7:00 a.m.
**Run to Remember
Delaware Running Festival,
The Riverfront, Wilmington.**
[http://act.alz.org/site/TR?
fr_id=5951&pg=entry](http://act.alz.org/site/TR?fr_id=5951&pg=entry)

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TO SUBSCRIBE PLEASE CALL
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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.

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



College Women More Prone to Problem Drinking Than Men?



New research shows that college women are more likely to drink unhealthy amounts of alcohol on a weekly basis than college men. Much of this difference is because the amount of alcohol that's considered safe on a weekly basis is much lower for women than it is for men: seven drinks for women versus 14 for men. But, there's good reason for that difference — women don't metabolize alcohol in the same way as men. Too much alcohol can cause toxicity and long-term health problems, such as an increased risk of breast cancer and liver disease.

For women, it's easy to hit the weekly limit by just having a glass of wine with dinner every night. The U.S. National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines low-risk drinking as no more than three drinks a day or seven drinks a week for women. For men, those limits are four drinks a day and 14 drinks a week. The daily limits were set to avoid the physical and cognitive problems that can occur from drinking too much in one day. The weekly limits took into account how much alcohol someone would need to consume to raise their risk of chronic health conditions, such as liver disease, sleep disorders, heart disease, and some cancers.

SOURCES: Bettina Hoepfner, Ph.D., assistant professor of psychology, Harvard Medical School, Boston; Marc Galanter, M.D., director, division of alcoholism and drug abuse, NYU Langone Medical Center, and professor, NYU School of Medicine, New York City; May 17, 2013, *Alcoholism: Clinical & Experimental Research*, online: http://www.nlm.nih.gov/medlineplus/news/fullstory_136959.html

The Heart of a Woman

The American Heart Association warns that younger Hispanic, black, and white women are more likely to die in the hospital after a heart attack than white men.

Researchers examined data from about 207,000 American adults hospitalized for heart attack -- including more than 6,500 Hispanic and black women younger than 65 -- and found significant racial, gender, and age disparities.

Younger Hispanic, black, and white women were 1.5, 1.4, and 1.2 times, respectively, more likely to die in a hospital than white men, the investigators found.

Doctors may not recognize heart disease risk factors and symptoms in young women -- Hispanic women in particular— according to the researchers. Other factors may include language barriers, lack of access to regular health care, doctor bias, and differences in treatment patterns.

See the full article at: http://www.nlm.nih.gov/medlineplus/news/fullstory_142670.html

A-Fib Doesn't Mean DON'T MOVE

For those with atrial fibrillation, or an irregular heartbeat, the idea of exercise may cause some anxiety, yet many doctors agree that it's okay to stay active, and might even be far more beneficial to the workings of the A-Fib heart than "taking it easy." The key to safe exercise, heart experts say, is to make sure the heart rate doesn't go above a certain level, or that exercise doesn't trigger an uncontrolled heart rhythm.

Because there are different types of irregular heartbeat patterns, there are also different levels of exercise that each person can do. **Ask your doctor what is safe for you.** Because many risk factors for atrial fibrillation increase with a lack of physical activity, it could be very beneficial to know how you can exercise safely!



Read the full article at: http://www.nlm.nih.gov/medlineplus/news/fullstory_143976.html



What if Everything's NOT Just Rosy?

Does your face turn red after consuming alcohol? Those rosy cheeks could be a sign that you are at an increased risk for alcohol-linked high blood pressure -- a dangerous drinking buddy. Be aware of the additional risks you may be taking before you drink alcohol.

See the full article at: http://www.nlm.nih.gov/medlineplus/news/fullstory_142671.html

Prepare to AGE



Like the rest of the world, the U.S. is an aging society. Between 2000 and 2050, the number of older people is projected to increase by 135 percent. Moreover, the population 85 and over, (the group most likely to need health and long-term care services), is projected to increase by 350 percent. Over this time period, the proportion of the population that is over the age of 65 will increase from 12.7 percent in 2000 to 20.3 percent in 2050; the proportion of the population that is age 85 and older will

increase from 1.6 percent in 2000 to 4.8 percent in 2050.

Largely as a result of higher fertility rates and immigration, America's population, while aging, is nonetheless likely to remain distinctly younger than other developed countries.

Second, the future strains of population aging in the U.S. derive not so much from the growth in the elderly population or the 85 and over population, *per se*, but rather from the slow projected growth in the non-elderly, working age

Population of the US, by age, 2000 and 2050 (in millions)

Age	2000	2050	% change
16-64	177,974	236,602	32.9
65+	34,835	81,999	135.4
85+	4,312	19,352	349.8
Total	275 306	403 687	46.6

Source: U.S. Bureau of the Census.

population. Between 2000 and 2050, the age 16-64 population is projected to grow by only 33 percent. The ratio of people ages 16-64 to those ages 65 and over (the aged dependency ratio) is projected to decline from 5.1 percent in 2000 to 2.9 percent in 2050, a 43 percent decline. The slow growth in the working age population means there will be relatively fewer people to pay the taxes necessary to support public programs for the older population and fewer people to provide the services that older people need.

Why should you care? This is yet another reason to take care of your health as you age. It is important to remain as independent as possible, develop networks of care within your community, and plan for your future.



A new study, published online Jan. 12 in the journal *Nature Neuroscience*, suggests caffeine might do more for the brain than boost alertness -- it may help memory, too. Researchers from Johns Hopkins University looked at caffeine's impact on memory - excluding its other brain-enhancing factors, like alertness. The study indicated that caffeine may enhance certain memories for up to 24 hours after it's consumed, essentially making those memories more lasting and precise.

This intriguing finding will stimulate more studies on caffeine and how it affects the human brain. In the United States, 80 percent of adults consume caffeine every day, according to the U.S. Food and Drug Administration.

For more on this, go to:

http://www.nlm.nih.gov/medlineplus/news/fullstory_143997.html

Ease Into Those Workouts

Goals to get in shape are wonderful, but you should ease into your exercise program to slowly build your strength and endurance to avoid injury. Trying to get quick results could do more harm than good.

Nearly 500,000 workout-related injuries occur each year in the United States, and the major causes include people wanting to do too much too fast and overusing their muscles, as well as poor technique during weight training and other exercise regimens.

For weight-lifting workouts, a light to moderate workout three times each week is recommended. The focus should be on high-repetition, low-weight sets that emphasize larger muscle groups, including the shoulders, hips, pelvis, and core.

Rotating routines helps prevent overuse injuries and increases overall fitness because of the use of many different muscles. Try yoga on Monday, running on Wednesday, and weight-lifting on Friday. Overuse injuries also can be prevented by increasing your flexibility, so stretch before and after every workout.

See this full article at: http://www.nlm.nih.gov/medlineplus/news/fullstory_143996.html

Puttin' out the **SMOKES**



The national drug store chain CVS Caremark is phasing out the sale of tobacco products at its more than 7,600 stores across the United States. Smoking is the leading cause of premature disease and death in the United States with more than 480,000 deaths annually.

CVS, the first drug store chain to cease selling tobacco products, said selling tobacco products isn't in keeping with a pharmacy's mission of helping to protect people's health. The American Lung Association and the Delaware Division of Public Health applauded the move by CVS, and urge more retailers to do the same.

SOURCES: CVS Caremark, *Journal of the American Medical Association*; American Lung Association.

See original press release: <http://www.lung.org/>

Random Acts of Kindness:

Park your car a little further away from your destination to provide closer parking spots for a pregnant woman, a person with special needs, an elderly person, or someone who just needs a little more ease in their lives.

For more kind ideas, go to:

<http://www.randomactsofkindness.org/kindness-ideas>



*Listen to the exhortation of the dawn!
Look to this day!
For it is life, the very life of life.
In its brief course lie all the verities and realities of your existence;
The glory of action, the bliss of growth, the splendor of beauty.
For yesterday is but a dream,
And tomorrow is only a vision;
But today, well lived, makes every yesterday a dream of happiness
and every tomorrow
a vision of hope.*

- Unknown Indus Author, 3000-2600 BCE

Have hope. We can help.

Facing addiction or mental health issues?
Call Delaware's Division of Substance Abuse and Mental Health.

Crisis Intervention Services

Northern Delaware - 800-652-2929

Southern Delaware - 800-345-6785

Consumer Issue Resolution Hotline - 855-649-7944

GREAT WARTS O' FIRE!



Cryogenic wart removers freeze warts off of the skin. However, using these removers require caution, as they are very flammable. Despite the warning labels, these removers have caught fire during use at home, harming consumers or setting fire to items in the house. Household items like curling irons and straight irons can be hot enough to be an ignition source for these products.

Fortunately, wart removal is also possible using over-the-counter salicylic acid solutions, or by seeing your healthcare provider. If you prefer to use a cryogenic product at home, use as directed — and know that it is extremely flammable. Only use in a well-ventilated area, away from any type of heat source. Heat or a pierced aerosol spray dispenser can cause it to explode, which can cause serious injury.

Read the full story at:

http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm381429.htm?source=govdelivery&utm_medium=email&utm_source=govdelivery

Delaware **FACTS:**

Heart disease is still the number one cause of death among women in Delaware. But, Delaware women are working on their health:

- 79.5 percent of women are getting their cholesterol screened, and over 90 percent of women have received a routine check-up in the last two years.
- Delaware ranks 2nd in the nation for routine preventive care.

http://www.healthstatus2020.com/owh/chartbook/ChartBookData_list.asp

BEWARE

OF ILLEGALLY SOLD DIABETES TREATMENTS

As the number of people diagnosed with diabetes continues to grow, illegally sold products promising to prevent, treat, and even cure diabetes are flooding the marketplace.

The Food and Drug Administration (FDA) is advising consumers not to use such products. They may contain harmful ingredients or may be otherwise unsafe, or may be improperly marketed as over-the-counter (OTC) products when they should be marketed as prescription products. They carry an additional risk if they cause consumers to delay or discontinue effective diabetes treatment. Without proper disease management, people with diabetes are at a greater risk for developing serious health complications.

Go to <http://www.fda.gov/womens> to watch FDA's new [video](#) and [learn more](#) to protect yourself.

Start protecting your baby's smile **NOW.**



Taking good care of your teeth during pregnancy is important for you and your baby. Getting oral health care, practicing good oral hygiene, eating healthy foods, and practicing other healthy behaviors will help keep you and your baby healthy.

Protect your teeth:

- Brush twice daily with fluoride toothpaste.
- Floss your teeth once a day. Use about a foot and a half of dental floss: wrap the ends around your fingers, and gently slide the floss up and down between each tooth.
- Limit sugary foods and drinks.
- Drink water or low-fat milk instead of soda.
- If you have morning sickness, rinse your mouth with a teaspoon of baking soda and water after vomiting to remove harmful acid. Wait 30 minutes, and then brush your teeth.
- Chew sugarless gum after eating.

Snacking, nausea, and hormonal changes are a natural part of pregnancy, but can make you particularly vulnerable to dental disease. Get oral health treatment before delivery, as recommended by an oral health professional. By taking good care of your smile during pregnancy, you are protecting your baby's teeth too!

For more information, go to: www.mchoralhealth.org/PDFs/OralHealthPregnancyHandout.pdf or [MCH Oral Health Pregnancy Handout](#)



Each day, more than 500 Americans lose a limb; the Amputee Coalition is the leading national organization working to ensure that amputees do not go through this journey alone. April is Limb Loss Awareness Month, and for April 2014 the Amputee Coalition is challenging support groups across the country to show their mettle and raise limb loss awareness by planning and holding walk/run/roll events in their communities to benefit the Coalition and its mission to empower people affected by limb loss to achieve their full potential.

For details, go to:

www.amputee-coalition.org/events-programs/limb-loss-awareness-month/index.html

“To laugh often and much; to win the respect of intelligent people and the affection of children...to leave the world a better place... to know even one life has breathed easier because you have lived. This is to have succeeded.”

Ralph Waldo Emerson