



Women's Health

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CCA@YourService: How We Support Employees & Family Members

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Agenda

- Introduction
- Leading causes of death
- Heart attacks/strokes
- A healthier you
- Cancer
- Osteoporosis
- Women's health by age
- Behavior/screenings
- Menopause

Learning Points

Participants will:

- Explore the leading causes of death in women
- Examine heart attacks and strokes including causes, symptoms and risk factors
- Identify the steps to a healthier you
- Discuss cancer prevention and myths
- Determine the impact of osteoporosis and how to prevent it
- Define the behaviors to avoid and what screenings to get
- Explore menopause

Leading Causes of Death for Women

Women – all ages:

- 1) Heart disease
- 2) Cancer
- 3) Stroke
- 4) Chronic lower respiratory diseases
- 5) Alzheimer's disease
- 6) Unintentional injuries
- 7) Diabetes
- 8) Influenza and pneumonia
- 9) Kidney disease
- 10) Hypertension

Do You Know the Difference?

Heart Attack

What is a heart attack?
What are the signs?

Stroke

What is a stroke?
What are the signs?

Fact: Heart disease kills six times as many women as breast cancer.

Source: Mayo Clinic

Causes of Heart Disease/Stroke

- Damaged arteries
- Plaque build up
- Hardening and narrowing of the arteries
- Fatty deposits
- Blood clots
- Atherosclerosis

Here's the good news... Lifestyle changes can significantly decrease your risk for heart disease and stroke!

Recognizing Heart Attacks

Signs of a Heart Attack:

- Chest discomfort/pressure or discomfort/pressure in other areas of the upper body; radiating pain in the arm, jaw, neck or back
- Shortness of breath
- Breaking out in a cold sweat
- Lightheadedness
- Nausea or vomiting

Symptoms for Women

- Women more often feel intuitively that something is wrong
- Women tend to get the less common symptoms like:
 - Nausea
 - Vomiting
 - Jaw pain
- More common signs they tend to experience are:
 - Shortness of breath
 - Back pain

Risk Factors

Uncontrollable Risk Factors

Age: > 55 years old
Race
Family history

Controllable Risk Factors

Smoking
Alcohol use
Diet
Weight
Diabetes
Activity/exercise
Cholesterol levels
Blood pressure

Seven Steps to a Healthier You

1. Know your numbers:
 - Cholesterol (LDL, HDL, Triglycerides)
 - Blood pressure
 - Glucose
2. Maintain a healthy weight
3. Stay physically active
4. Manage stress
5. Avoid tobacco use
6. Limit alcohol use
7. Eat healthy

Health in Your 20's & 30's

Annual Exams

- Vaccinations: flu, whooping cough, tetanus booster (every 10 years)
- HPV - if you are under 26
- Screenings for STD's, blood pressure, type 2 diabetes, cholesterol and cervical cancer

Best Practices

- Establish a relationship with your doctors (primary and gynecologist)
- Discuss family planning with your doctor
- Maintain healthy eating, exercise, sleep and stress management habits

Health in Your 40's & 50's

Annual Exams

- Vaccinations: flu shot and tetanus booster (every 10 years)
- Screenings for STD's, blood pressure, cholesterol, type 2 diabetes, cervical cancer, breast cancer (age 40), colon cancer (age 45)

Best Practices

- Maintaining a healthy weight by eating healthy and exercising
 - Cardiovascular risk factors increase
 - Metabolism slows down
- Talk to your doctor about menopause

Health in Your 60's+

Annual Exams

- Vaccinations: flu shot and tetanus booster (every 10 years), shingles (60) and pneumonia (65)
- Screenings for STD's, blood pressure, cholesterol, type 2 diabetes, cervical cancer, breast cancer, colon cancer, osteoporosis (65)

Best Practices

- Practice mental fitness and brain exercises
- Stay active and exercise to build strength - helps with chronic conditions such as arthritis and osteoporosis
- Focus on your emotional and social well being

Cancer Prevention

1. **Avoid** smoking/second-hand smoke
2. **Practice** safe sex
3. **Get** regular pap smears
4. **Say** “no thanks” to alcohol
5. **Eat** a low-fat, healthy diet
6. **Protect** yourself from the sun
7. **Maintain** a healthy body weight
8. **Know** your family history of cancer
9. **Move** more, sit less!

Myths of Breast Cancer

- Most women with breast cancer have a family history
- Mammograms do more harm than good
- Once you're diagnosed with breast cancer, decisions need to be made very quickly
- I'm too young or too old
- Small lumps are rarely cancerous

Osteoporosis

- One out of every two women aged 50 and older will have an osteoporosis-related fracture in their lifetime
- It's characterized by low bone-mineral density (BMD)
- Twenty percent of senior citizens who suffer a hip fracture die within a year of fracture; 20 percent of individuals with a hip fracture end up in a nursing home within one year
- 300,000 hospitalizations/year are related to osteoporosis
- Direct care costs \$18 billion/year
- Osteoporosis decreases functional capacity

Osteoporosis Prevention

- Prior to age 25, we are building bone mineral density
- After age 25, we need to work to maintain or improve bone mineral density
- Exercise helps prevent osteoporosis:
 - 30 minutes of weight-bearing exercise, three times a week
 - Physical activity reduces the risk of bone-breaking falls by 25%
 - Aerobic exercise includes walking, running, cycling
 - Resistance exercises are those involving weight training

Osteoporosis Prevention - Nutrition

Food sources of calcium:

- Cheese
- Milk
- Yogurt
- Fortified juices
- Canned fish with edible bones
- Dark leafy greens
- Seeds: sesame, chia

Recommended calcium intake mgs/day:

- Birth-6 months: 210
- 6 months-1 year: 270
- 1-3 years: 500
- 4-8 years: 800
- 9-18 years: 1300
- 19-50 years: 1000
- 51+ years: 1200

Behaviors to Avoid

- Drinking caffeinated beverages
- Smoking
- Drinking alcohol (limit to no more than 1 drink/day for women)
- Yo-yo dieting
- Over-working/burnout
- Extreme caregiving

Menopause

Risks and Symptoms

- Decrease in estrogen puts you at greater risk for bone loss and osteoporosis
- Increases risk of heart disease
- Episodes of hot flashes, mood swings, memory problems and difficulty sleeping are common

Recommended calcium intake mgs/day:

- Eat a healthy diet, control your weight
- Get enough calcium and vitamin D
- Get plenty of exercise
- Avoid smoking
- Control your blood pressure and cholesterol
- Consider hormone therapy

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THANK YOU!



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