



WOMEN'S HEALTH





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:

- Heart disease
- Cancer
- Stroke
- Chronic lower respiratory diseases
- Alzheimer's disease
- Unintentional injuries
- Diabetes
- Influenza and pneumonia
- Kidney disease
- 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!

- Know your numbers:
 - Cholesterol (LDL, HDL, Triglycerides)
 - Blood pressure
 - Glucose
- Maintain a healthy weight
- Stay physically active
- Manage stress
- Avoid tobacco use
- Limit alcohol use
- 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

- Avoid smoking/second-hand smoke
- Practice safe sex
- Get regular pap smears
- Say “no thanks” to alcohol
- Eat a low-fat, healthy diet
- Protect yourself from the sun
- Maintain a healthy body weight
- Know your family history of cancer
- 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 age 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

Lifestyle Remedies

- 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

Your Kepto EAP

- EAP Services available to employees, any household members and dependents
- Confidential
- EAP Counselors available 24/7/365 via 833-539-7285
- Up to 6 in person counseling sessions, per issue, per year, per household member
- Management Consultations
- Financial/Legal Consultation and Referral Service
- Work/Life & Convenience Services
- <https://sowi.mylifeexpert.com> Company code: SOWI

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Questions & Answer

Women's Health