

Women's Health Issues

Inova HealthSource

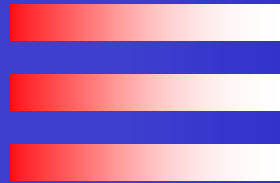
Peggy Morrison, RN

Common Health Issues

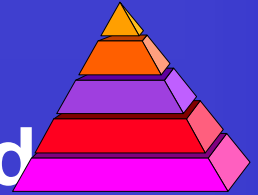
- Cardiovascular health
- Diabetes
- Breast Cancer
- Osteoporosis
- Menopause



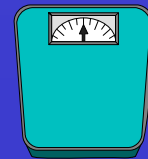
Taking Charge of Your Life



- Healthy diet following food pyramid



- Maintain appropriate weight



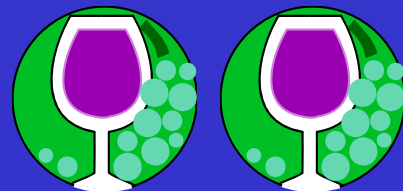
- STOP SMOKING!



- Regular exercise: flexibility, strength, endurance & balance



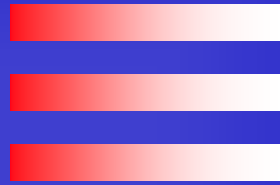
- Alcohol intake in moderation: no more than 1 drink/day



Recommended Health Screenings

- Physical exam - every 1-3 yrs (depending on age)
- Blood pressure - every year
- Vision/glaucoma - every 2-3 years
- Pap smear - every 1-3 years
- Mammogram - every 1-2 years over age 40
- Stool blood test - yearly
- Sigmoidoscopy/colonoscopy - every 3-5 years over age 50
- Lipid profile - every 3-5 years
- Bone density - baseline <45, every 1-3 yrs post-menopause
- Dental checkup - every 6-12 months
- Annual flu shot, pneumococal shot 1x over age 65

Women & Heart Disease

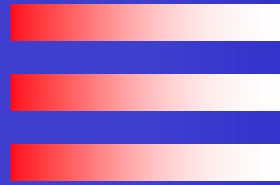


- The #1 killer of women
- More than all cancers combined
- 1 in 10 women over 45 have heart disease
- 1 in 5 women over 65 have heart disease
- Major types of disease:
 - Hypertension
 - Congestive heart failure
 - Angina and heart attack
 - Stroke – the same risk factors for heart disease create risk factors for stroke!

Women and Heart Attacks

- Women frequently have different symptoms with a heart attack than men
 - Chest heaviness/discomfort
 - “Tight bra” feeling
 - Pain in arms/jaw
 - Feeling of indigestion
 - Extreme tiredness

Symptoms of Stroke (Brain Attack)



- Sudden numbness or weakness of face, arm, leg (esp. on one side of body)
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one/both eyes
- Sudden trouble walking, dizziness, loss of balance/coordination
- Sudden severe headache (no known cause)



Cardiac Health Risk Factors

- High blood pressure
- Fat intake: saturated fat & cholesterol
- Diabetes
- Overweight
- Sedentary lifestyle
- Family history
- Sex & Age
- Smoking

Risk Factor: Smoking

- 2-6 times as likely to have a heart attack
- More likely to have a stroke
- Risk increases with # of cigarettes smoked/day
- Smoking 4 cigarettes/day = 2x risk of heart attack



Hypertension

- Frequently has no known cause & *is usually asymptomatic*
- Normal BP: *below 120/80*
- Prehypertension: *120-139/80-89*
- Hypertension: *above 140/90*
- Treatment:
 - Reduce salt/sodium intake
 - Limit saturated fat intake
 - Increase exercise
 - DASH diet



Hyperlipidemia (High Cholesterol)

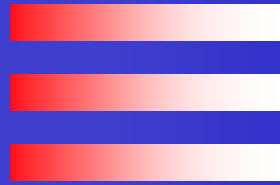
- Know your lipid levels!
- Cholesterol
 - Found in animal fats
 - Body also manufactures it
 - Necessary for normal body functioning
- Total cholesterol
 - Normal <200
 - Borderline elevated >201 - < 239
 - Elevated > 240

Women over 45 with a cholesterol > 240 mg/dL are 2x as likely to have heart disease

Lipoproteins

- **LDL:** low-density lipoproteins
- Carries most of the cholesterol in the blood stream
- Deposits on insides of arteries
- Normal < 100mg/dL
- **HDL:** high-density lipoproteins
- “Good” cholesterol
- Helps remove cholesterol from the bloodstream
- Protective > 60 mg/dL
- Low < 35 mg/dL

Role of Inflammation



C-Reactive Protein:

- marker blood test for inflammation
- 1/2 all heart attacks in those with safe cholesterol levels
- Chronic inflammation (from any source) appears to be a predictor of cardiac risk
- Inflammation weakens blood vessel walls & causes fatty plaque to “burst”, creating blood clot and micro-emboli

Homocysteine:

- High levels detected in 20% of heart disease patients
- ↑ risk for stroke/peripheral vascular disease
- Can damage lining of arteries leading to blood clots

Diabetes

- Twice as many women as men are diabetics
- > 80% diabetics have some form of vascular disease
- *Double* the risk of death from heart disease
- Type 1 - no insulin produced; 5-10% of US population
- Type 2 - insulin is still produced; 85-90% of US population
- *OBESITY* & sedentary lifestyle lead to Type 2 diabetes

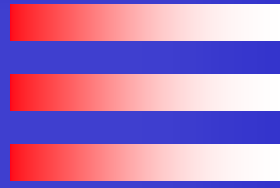
Risk Factors

- >45 years old
- Hispanic, African-American, American Indian, Asian American, Pacific Islander
- 20% over ideal body weight (especially around waist)
- Physical inactivity

Risk Factors, cont.

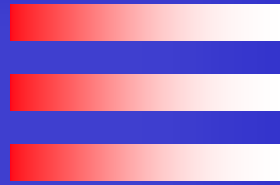
- Having had a baby weighing over 9 pounds
- Having had gestational diabetes
- Mother, father, brother, sister with diabetes

Management of Diabetes



- **Diet**
 - Type 1 -> balance food intake with insulin
 - Type 2 ->
 - Weight loss of 7% ↓ risk by 58%*
- **Daily exercise: 150 minutes/week**
- **Medications**
 - Type 1 -> *must* be on insulin for rest of life
 - Type 2 -> no medications, oral medications or insulin therapy

Breast Cancer



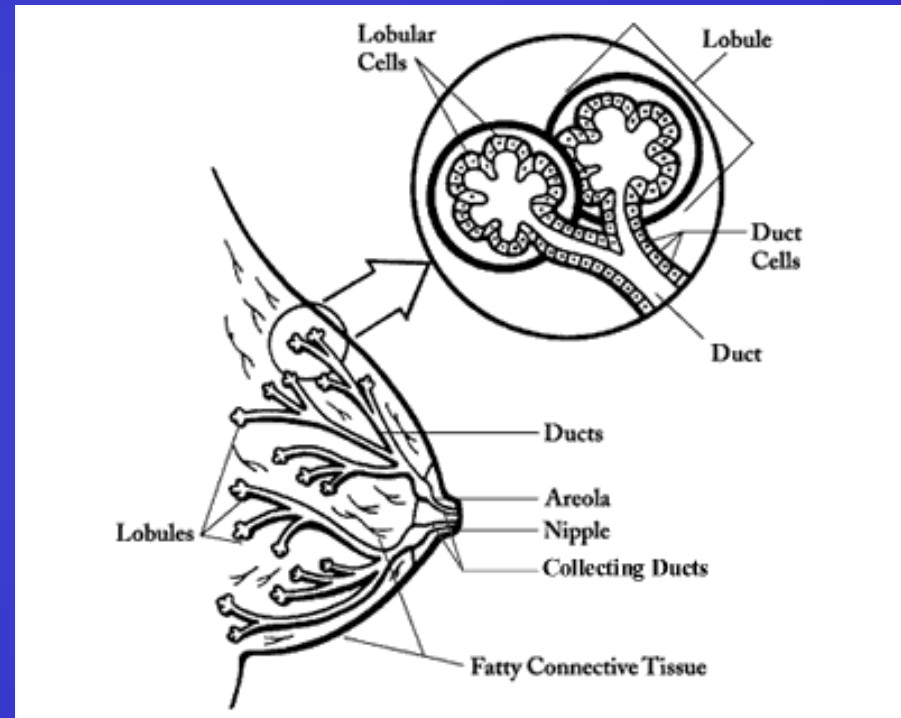
- Most common cancer in women after non-melanoma skin cancer
- Incidence increases with age - especially over age 50 (8 in 10 women with breast cancer are over age 50)
- More common in whites than other ethnic groups
- Also affects men
- Overall death rate has been decreasing

What is the Chance of Developing Breast Cancer???

- 1 in 7 lifetime chance of developing breast cancer
- 1 in 33 lifetime chance of dying from breast cancer
- In 2006: 212,920 people are estimated to have new cases of invasive breast cancer
 - 61,000 cases of non-invasive

Physiology

- Most breast cancer begins in the ducts (ductal cancer)
- May also begin in the lobules or other tissue
- Ductal/lobar carcinoma in situ – early stages, curable if detected at this stage





Risk Factors

- Gender – being a woman!
- Age – over age 50 (77%)
- Genetics – higher risk with BRCA1 and BRCA2 genes (5-10% of cases)
- Family history of breast cancer (2x the risk if mother, sister or daughter has breast cancer)
- Race – more common in Caucasians, but more African-Americans die from breast cancer (more aggressive tumors and/or access to health care)

More Risk Factors....

- Radiation therapy to the chest area
- Early menarche (before age 12) or late menopause (after age 55)
- Treatment with DES
- Never having been pregnant or 1st child after age 30
- Long term use of BCP or HRT

Lifestyle Choices that Increase the Risk of Breast Cancer

- **2 - 5 alcoholic drinks/day** ↑ risk 1.5 times over non-drinkers
- **Being overweight**
 - especially with extra abdominal weight
 - ↑ after menopause
- **Lack of exercise**
 - WHI study showed brisk walking only 1.25-2.5 hrs/week ↓ risk 18%

Detection

- Clinical breast exam at least every 3 years for those under age 40, and yearly for those over age 40
- Self breast exams monthly are recommended*
- After age 40 – annual mammogram

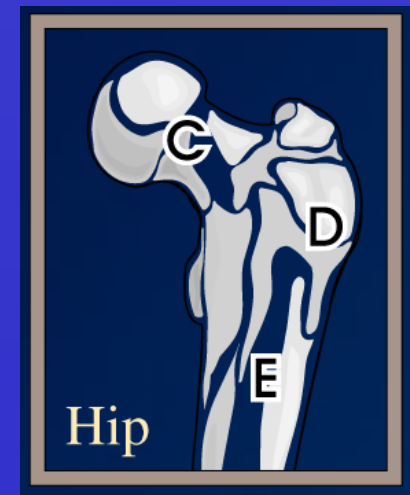
**<http://cms.komen.org/komen/index.htm>*

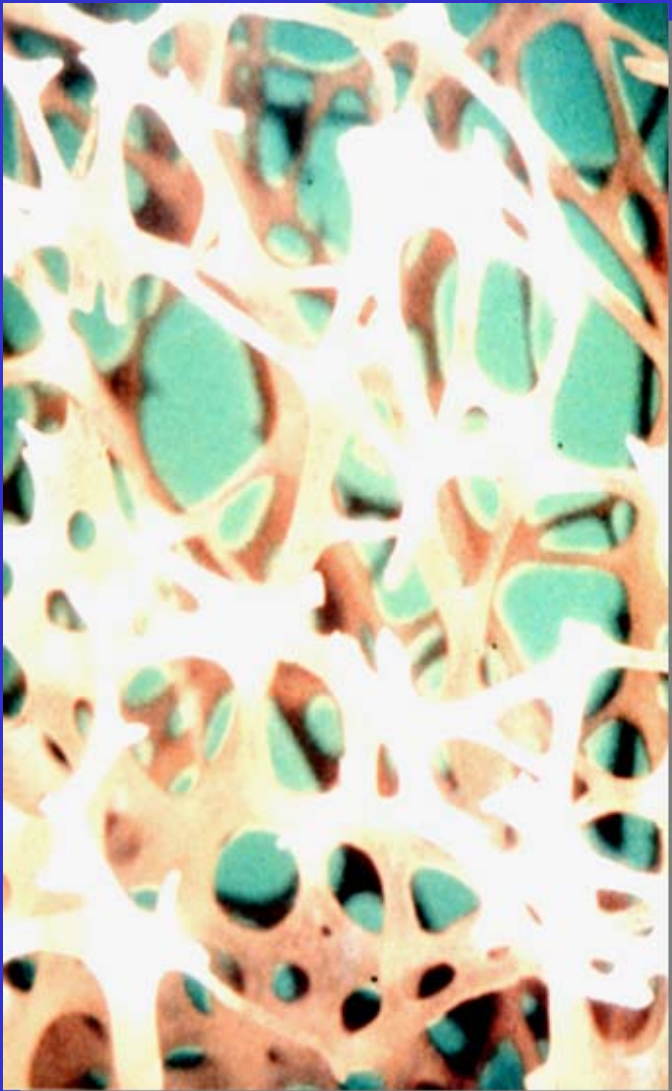
Signs of Breast Cancer

- A new lump or mass – especially if it is hard, painless and has irregular edges
- Swelling of part of the breast
- Skin irritation or dimpling
- Nipple pain or the nipple turning inward
- Redness or scaliness of the nipple or breast skin
- Nipple discharge other than breast milk
- Lump in the underarm area

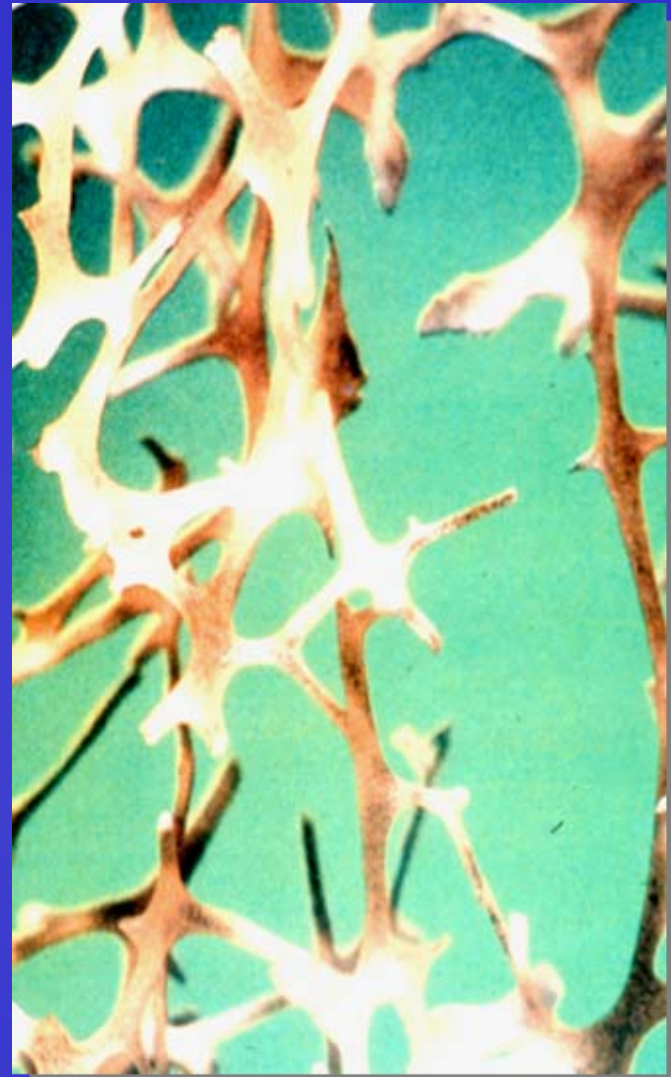
Osteoporosis

- Structural deterioration of the bone tissue
- Porous bones = Low bone mass
- Leads to increased risk of bone fractures - especially the hip, spine and wrist

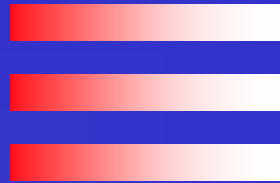




Normal Bone

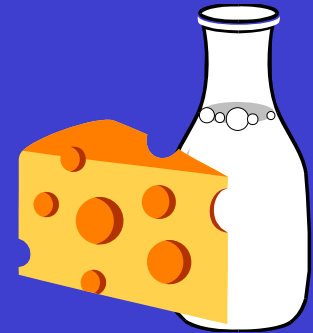


Osteoporotic Bone

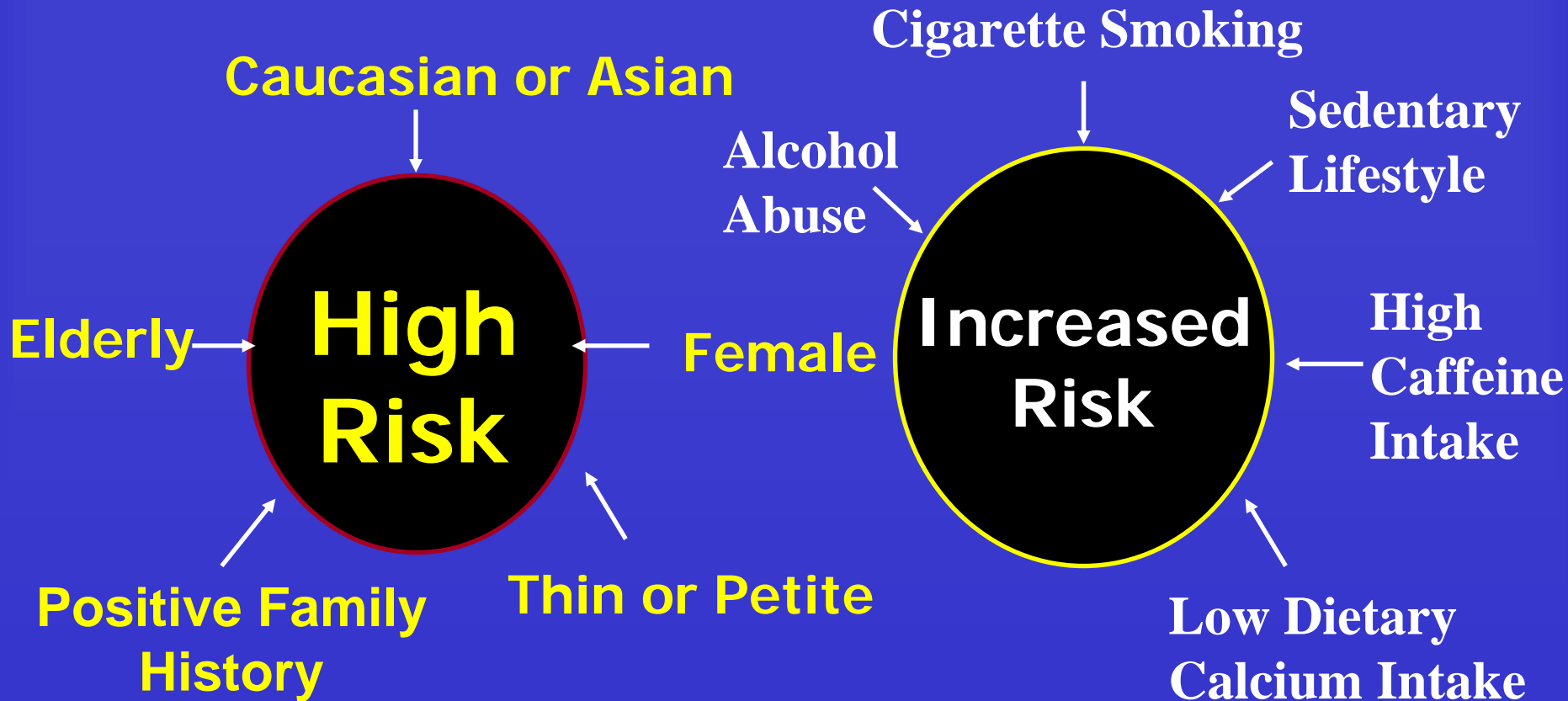


Osteoporosis

- Affects women and men
- Risk increases after menopause
- ↓ Estrogen exacerbates loss of calcium in the bones leading to increase risk of fractures
- Help prevent by maintaining adequate calcium intake: 1,200 mg/day
- Also regular exercise and no smoking

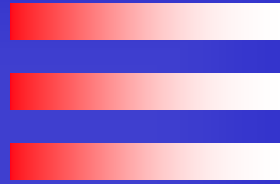


Risk Factors for Osteoporosis



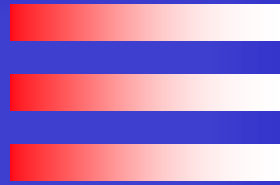
Osteoporosis Detection

Bone Mineral Density



- *Ultrasound* – usually of the heel, but lower arm may also be used
- *DEXA scan* – x-ray that uses only about 20% of the energy of regular x-rays
- *T score* – compares your bone density with that of a normal young adult female
- *Z score* – compares your bone density with your age group

Menopause: Different for each woman

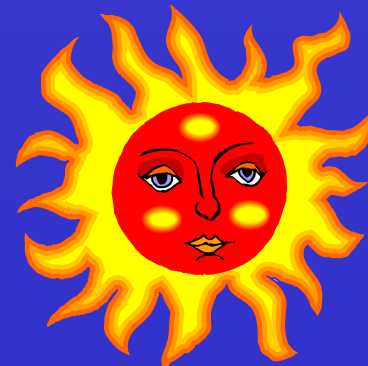


- Occurs in late 40's-early 50's
- *Perimenopause*: declining levels of hormones
- *Menopause*: no periods for 1 full year (12 months)
- Artificially induced - surgery, chemotherapy

Pregnancy may occur during the perimenopausal period!

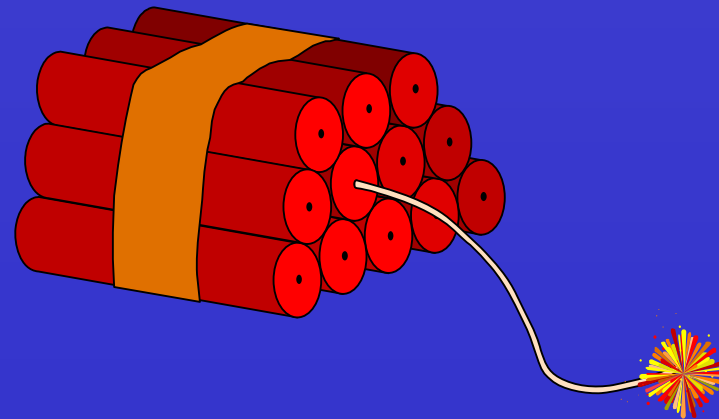
Common Signs of Menopause

- Irregular periods
- Hot flashes/hot flushes - most common vasomotor symptom
- Night sweats
- Stress incontinence
- Palpitations & feelings of anxiety
- “Fuzzy” thinking
- Mood swings
- Sleep disturbances
- Vaginal dryness

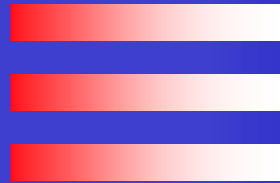


Other Health Issues Around Menopause

- Risk of heart disease increases 3x for every 10 year increase in age
- Increased risk of breast cancer with early menarche & late menopause
- Doubling risk of bone fractures for every 7 years



Research and HRT

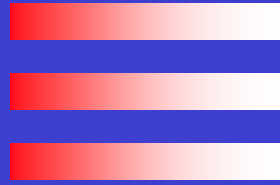


- **Benefits of HRT on:**
 - Vasomotor symptoms:
Hot flashes/flushes
 - Sleep disturbances
 - Vaginal dryness
 - Bone density



- **No effects on:**
 - Depression
 - Alzheimer's disease
 - Urinary incontinence
 - Coronary artery disease

Menopause Options



- No hormones
- Hormones only for a few years
- Hormones for life
- Hormones only in old age



Alternative Therapies for Menopause Symptoms

- Phytoestrogens (Soy)
- Black cohosh
- Evening Primrose
- Dong Quai
- St. John's Wort (for mood)
- Valerian Root (for sleeplessness & mood)
- Wild Yam



**RESEARCH HAS NOT SHOWN CLEAR
BENEFITS FROM THESE**

Alternative Therapies for Menopause Symptoms, cont.

- Guided imagery
- Relaxation techniques (e.g. yoga & mediation)
- Deep abdominal breathing
- Acupuncture
- Other strategies to ease hot flashes
 - Limit spicy foods, caffeine, alcohol (& stop smoking)
 - Baths in tepid water with oil clary sage
 - Keep surroundings as cool as possible
 - Self-applied acupressure

“Natural” Hormones: Phytoestrogens

- Naturally occurring in plants, herbs & seeds
- Cultures with high intake of phytoestrogens seem to have ↓ menopause complaints & ↓ heart disease
- Most commonly found in soy products, whole grains, legumes, flax seed



To Soy or Not?

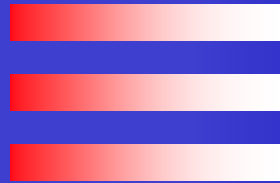
- Need daily intake of 30-40 grams of soy protein/day
- Little experimental evidence that they are really effective
- Phytoestrogens in supplement form may have inconsistent isoflavone levels
- Little is known of long term side effects/toxicity
- Best from natural sources, not supplements
- Limit to no more than the recommended dose/day
- Best benefits most likely come from a life-time of soy intake



Take Charge of Your Life

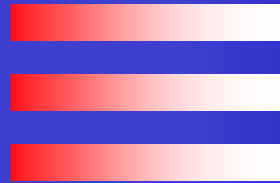
- Evaluate your own lifestyle and health and family history
- Engage in healthy living habits
 - Diet
 - Exercise
- Seek regular health care
 - Complete preventive health screenings appropriate to each life stage

Resources



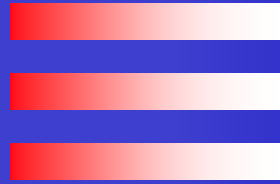
- AARP: 202-434-2200; www.aarp.org
- American Cancer Society: 1-800-227-2345; www.cancer.org
- American Heart Association:
1-800-242-8721; www.americanheart.org
- American Menopause Foundation:
www.americanmenopause.org; 1-212-714-2398
- CDC: www.cdc.gov

Resources, cont.

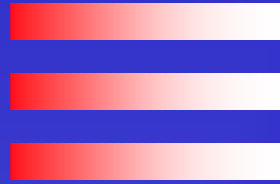


- **National Cancer Institute: 1-800-4-CANCER**
www.nci.nih.gov
- **National Institute on Aging: 301-495-3455;**
www.nih.gov/nia
- **National Institutes of Health: 301-496-4000;**
www.nih.gov
- **National Osteoporosis Foundation: 202-223-2226;** www.nof.org
- **North American Menopause Society (NAMS):**
www.menopause.org; 1-800-774-5342

Resources, cont.



- National Women's Health Information Center: www.4women.gov; 1-800-994-9662
- Society for Women's Health Research: www.womens-health.org



Questions?