

HEALTHY Prescriptions



National Women Check-Up Day Fact Sheet

What is National Women's Check-Up Day?

National Women's Check-Up Day is a nationwide effort, coordinated by the U.S. Department of Health and Human Services (HHS), to encourage women to visit health care professionals to receive regular, preventive check-ups and screenings.

When is National Women's Check-Up Day?

The second annual **National Women's Check-Up Day** will be held **Monday, May 10, 2004**, which is the day after Mother's Day, the start of National Women's Health Week.

What is the purpose of National Women's Check-Up Day?

The purpose is to emphasize the importance of getting regular check-ups and asking a doctor about screenings for heart disease, diabetes, cancer, and sexually transmitted diseases (STDs). Maintaining regular check-ups is one of five health habits that can contribute to the betterment of women's health along with exercise, a healthy diet, not smoking, and following general safety rules.

Why is it important for women to participate in this effort?

Many of the leading causes of death among women, such as heart disease, cancer, stroke, and diabetes, can be successfully prevented or treated if the warning signs are caught early enough.

- Heart disease is the number one killer of American women. Often thought of as a man's disease, more women die of heart disease each year than men.

- Cancer is the second leading cause of death of American women. Lung cancer is the top cancer killer among American women, with an estimated 65,000 deaths in 2002, followed by breast cancer and colorectal cancer.

- Stroke is the number three killer of American women. Each year, 30,000 more women than men have strokes.

- Diabetes is the fifth leading cause of death in women. An estimated 17 million Americans have diabetes (8.1 million women), of which an estimated 6 million are undiagnosed.

- HIV and STD's also have a major effect on women's health.

There are an estimated 40,000 new HIV infections each year in the United States, with about 30 percent of reported infections occurring in women.

How can women participate in this important event?

To participate in National Women's Check-Up Day, women should contact their existing health care providers, or one of the participating health care providers to schedule check-ups and screening services that day. Screening tests, such as mammograms and Pap smears, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier, or more often, than others. During check-ups, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often.

Women can prepare themselves for their check-ups with a "Checklist for Your Next Checkup," developed by HHS' Agency for Healthcare Research and Quality, which can be found at <http://www.ahrq.gov/ppip/healthywom.htm>.

Where can women and health care providers get more information about participating in National Women's Check-Up Day and National Women's Health Week?

For information about hosting or participating in this and other National Women's Health Week activities, visit the National Women's Health Week Web site at www.4woman.gov/whw or call (800) 994-WOMAN (9662), or TTY: (888) 220-5446.

Yogurt Smoothie



1/4 cup strawberry or strawberry-banana yogurt

1/3 cup non-fat dry milk

1/2 banana

3/4 cup orange juice

1/2 cup strawberries (optional)



Directions:

1. Put all ingredients in blender or food processor and blend until smooth.

Makes 2 servings

Nutrients Per Serving

Calories	.150
Protein	.8 g
Carbohydrates	.28 g
Total Fat	.0 g
Saturated Fat	.0 g
Cholesterol	.2 mg
Vitamin A	.105 RE
Vitamin C	.55 mg
Iron	.0 g
Calcium	.300 mg
Sodium	.100 mg
Dietary Fiber	.2 g

2004 NATIONAL HEALTH & NUTRITION OBSERVANCES

MAY

Asthma & Allergy Awareness Month
Better Hearing & Speech Month
Better Sleep Month
Clean Air Month
Correct Posture Month
Healthy Vision Month
Hepatitis Awareness Month
Lyme Disease Awareness Month
Mental Health Month
National Neurofibromatosis Month
National Arthritis Month & Annual Arthritis Walk
National Physical Fitness & Sports Month
National Digestive Diseases Awareness Month
National Sight-Saving Month
National High Blood Pressure Education Month
National Stroke Awareness Month
National Osteoporosis Awareness & Prevention Month

National Teen Pregnancy Prevention Month
National Trauma Awareness Month
Older Americans Month
Skin Cancer Awareness Month
Tuberous Sclerosis Awareness Month
Brain Tumor Action Week (2nd-8th)
Children's Mental Health Week (2nd-8th)
National Mental Health Counseling Week (2nd-8th)
Melanoma Monday (3rd)
North American Occupational Safety & Health Week (2nd-8th)
Childhood Depression Awareness Day (4th)
National Anxiety Disorders Screening Day (5th)
National Women's Health Week (9th-15th)
Food Allergy Awareness Week (10th-16th)
Buckle Up America! Week (24th-31st)
National Schizophrenia Awareness Day (24th)
National Missing Children's Day (25th)
Older Americans' Mental Health Week (24th-30th)
National Senior Health & Fitness Day (26th)

National Stuttering Awareness Week (10th-16th)
National Running & Fitness Week (16th-22nd)
National Emergency Medical Services Week (16th-22nd)
International Chronic Fatigue Syndrome Awareness Day (12th)
National Alcohol & Other Drug-Related Birth Defects Week (11th-17th)
World "No Tobacco" Day (31st)

JUNE

Myasthenia Gravis Awareness Month
National Aphasia Awareness Month
National Scleroderma Awareness Month
Vision Research Month
Fire Works Eye Safety Month (1st-July 4th)
National Cancer Survivors Day (6th)
National Headache Awareness Week (6th-12th)
National Men's Health Week (14th-20th)
Helen Keller Deaf-Blind Awareness Week (20th-26th)



Resources/References:

1. The National Women's Health Information Center: www.4woman.gov
2. National Osteoporosis Foundation: www.nof.org
3. University of Nebraska-Lincoln, Cooperative Extension in Lancaster County

4. Food and Drug Administration's Calcium Education program

For Additional Resources contact

Southern University Agricultural Research and Extension Center at (225) 771-2242.

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SU Agricultural Research and Extension Center
c/o Healthy Prescriptions
Post Office Box 10010
Baton Rouge, Louisiana 70813

HEALTHY Prescriptions



NATIONAL WOMEN'S HEALTH WEEK



The Monday following Mother's Day, National Women's Check-Up Day, is the perfect opportunity to encourage moms, aunts,

sisters, spouses, and best friends to visit a health care professional to receive preventive services and screenings. Since many of the leading causes of death among women can be successfully prevented or treated if the warning signs are caught early enough, a reminder from loved ones to get a regular health check-up is one of the nicest gifts a woman can receive.

The top three causes of death among women are heart disease, cancer, and stroke. Heart disease is the number one killer of American women and, in fact, more women die of heart disease each year than men. Cancer is the second leading cause of death, with lung cancer

being the top cancer killer among American women followed by breast cancer and colorectal cancer. Stroke is the number three killer of American women. Each year, 30,000 more women than men have strokes.

The second annual National Women's Check-Up Day, Monday, May 10,



marks the start of National Women's Health Week, coordinated by the U.S. Department of Health and Human Services (HHS). This nationwide observance is to promote awareness of the measures women can take to prevent fatal and debilitating illnesses. According to HHS, maintaining regular check-ups, being physically active, eating a healthy diet, not smoking, and following general safety rules are five health habits for improving women's health.



To participate in National Women's Check-Up Day, women should schedule appointments with their existing health care providers or

contact one of the participating local community health centers, hospitals, or other health care providers to schedule check-ups and screening services that day. Screening tests, such as mammograms and Pap smears, can find diseases early, when they are easier to treat.



Some women need certain screening tests earlier, or more often, than others. During their check-ups, women should discuss with their health care professionals which of the tests are right for them, when they should have them, and how often. Women should consider the following screening tests:

- **Mammograms** every 1 to 2 years starting at age 40
- **Pap Smears** every 1 to 3 years if sexually active or are older than than 21
- **Cholesterol Checks** regularly, starting at age 45 (If a smoker, diabetic, or if heart disease runs in the family, cholesterol checks should start at age 20)
- **Blood Pressure** checked at least every 2 years

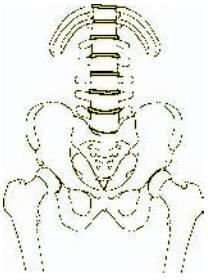


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Healthy Prescriptions is a bi-monthly newsletter published by the Southern University Agricultural Research and Extension Center. The newsletter is compiled by **Shantell Smith Jones**, *Assistant Specialist-Health* and **De'Shoyn York Friendship**, *Assistant Specialist- Nutrition*. Design and Layout by **Donna Charles Badon**, *Creative Specialist*. This publication was made possible by a grant from the U.S. Department of Agriculture, Grant #99-ERHS-1-0483.

Osteoporosis

Osteoporosis is a disease where the bones become fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones, also known as fractures, occur



typically in the hip, spine, and wrist. Any bone can be affected, but of special concern are fractures of the hip and spine. A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain, and deformity. Millions of Americans are at risk. While women are four times more likely than men to develop the disease, men also suffer from osteoporosis.

There are many factors that determine who will develop osteoporosis. The first step in prevention is to determine whether you are at risk, since not everyone is. The risk factors are:

Age. The older you are, the greater your risk of developing osteoporosis. Your bones become weaker and less dense as you age.



Gender. Your chances of developing osteoporosis are greater if you are a woman. Women have less bone tissue and lose bone more rapidly than men because of the changes involved in menopause.

Family History and Personal History of Fractures as an Adult. Susceptibility to fracture may be, in part, hereditary. Young women whose mothers have a history of vertebral fractures also seem to have reduced bone mass.

A personal history of a fracture as an adult also increases your fracture risk.

Race. Caucasian and Asian women are more likely to develop osteoporosis. However, African American and Hispanic women are also at a significant risk for developing the disease.



Bone Structure and Body Weight. Small-boned and thin women (under 127 pounds) are at greater risk.

Menopause/Menstrual History. Normal or early menopause (brought about naturally or because of surgery) increases your risk of developing osteoporosis. In addition, women who stop menstruating before menopause because of conditions such as anorexia or bulimia, or because of excessive physical exercise, may also lose bone tissue and develop osteoporosis.



Lifestyle. Current cigarette smoking, drinking too much alcohol, consuming an inadequate amount of calcium or getting little or no weight-bearing exercise, increases your chances of developing osteoporosis.

Medications/Chronic Diseases. A significant and often overlooked risk factor in the development of osteoporosis is the use of certain medications to treat chronic

medical conditions. Medications to treat disorders such as rheumatoid arthritis, endocrine disorders (i.e. an under-active thyroid), seizure disorders and gastrointestinal diseases may have side effects that can damage bone and lead to osteoporosis.



One class of drugs that has particularly damaging effects on the skeleton is glucocorticoids. The following drugs also can cause bone loss:

- excessive thyroid hormones
- anticonvulsants
- antacids containing aluminum
- gonadotrophin releasing hormones (GnRH), used for treatment of endometriosis
- methotrexate, for cancer treatment
- cyclosporine A, an immunosuppressive drug
- heparin
- cholestyramine, taken to control blood cholesterol levels.

For many people, these are life-saving or life-enhancing drugs, and their use may be the only way to achieve a better quality of life. That is why it is important to discuss the use of these medications with your physician, and not stop or alter your medication dose on your own.



Nutrition and Osteoporosis

by De'Shoin York Friendship
Nutrition Specialist

Ten million Americans have osteoporosis and another 18 million have low bone mass, placing them at an increased risk of developing osteoporosis. According to the National Osteoporosis Foundation, osteoporosis is often called the “silent disease” because bone loss occurs without symptoms. The first sign of osteoporosis may be a fracture that occurs as a result of a weakened bone. A sudden strain or bump may be all it takes to break a bone.



Though there are treatments for osteoporosis, there is currently no cure. That’s why prevention is so very important. The National Osteoporosis Foundation recommends a combination of these four steps to help prevent osteoporosis:

- A balanced diet rich in calcium and vitamin D
- Weight-bearing exercise
- A healthy lifestyle with no smoking or excessive alcohol use
- Bone density testing and medications when appropriate.



Screening Tests, continued from page 1

Colorectal Cancer Tests

starting at age 50

Diabetes Tests

if diagnosed with high blood pressure or high cholesterol

Depression Screening

should be discussed with doctor if feeling “down,” sad, or hopeless with little interest or pleasure in doing things for 2 weeks straight

Osteoporosis Tests

should start at age 65 to screen for osteoporosis (thinning of the bones); if between the ages of 60 and 64 and weigh 154 lbs. or less, testing should be discussed with doctor

Chlamydia Tests

if age 25 or younger and sexually active—if older, discuss testing with doctor; also, discuss testing for other sexually transmitted diseases with doctor



Recommended Daily Calcium and Vitamin D Intakes

The following chart gives the recommended daily calcium and vitamin D intakes for various ages. Calcium is an important component of bones, and vitamin D is essential for optimum calcium absorption. These amounts are based on the 1997 recommendations of the National Academy of Sciences. Depending on your situation, your physician may recommend slightly more than these levels.

Calcium, the major component of bones, is one of the dietary factors most frequently mentioned in relation to osteoporosis. We can use the product label to learn how much calcium is in packaged foods and in vitamin/mineral supplements.

<p>Birth - 6 months 210 mg calcium (21% DV) 200 IU vitamin D (50% DV)</p> <p>6 months - 1 year 270 mg calcium (27% DV) 200 IU vitamin D (50% DV)</p> <p>1 - 3 years 500 mg calcium (50% DV) 200 IU vitamin D (50% DV)</p> <p>4 - 8 years 800 mg calcium (80% DV) 200 IU vitamin D (50% DV)</p>	<p>9 - 18 years 1,300 mg calcium (130% DV) 200 IU vitamin D (50% DV)</p> <p>19 - 50 years 1,000 mg calcium (100% DV) 200 IU vitamin D (50% DV)</p> <p>51 - 70 years 1,200 mg calcium (120% DV) 400 IU vitamin D (1000% DV)</p> <p>71 and older 1,200 mg calcium (120% DV) 600 IU vitamin D (150% DV)</p>	<p>PREGNANT & LACTATING</p> <p>14 - 18 years 1,300 mg calcium (130% DV) 200 IU vitamin D (50% DV)</p> <p>19 - 50 years 1,000 mg calcium (100% DV) 200 IU vitamin D (50% DV)</p>
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LACTOSE INTOLERANT?

If you are lactose-intolerant, try these tips:

- Eat small portions of dairy foods.
- Combine dairy foods with other foods.
- Try non-milk dairy foods, like cheese or yogurt.
- Take a supplement for lactose intolerance.



However, if none of these suggestions work, consume other foods that are high in calcium like:

- Broccoli with cheese
- Collards
- Turnip Greens
- Kale
- Baked Beans with sauce
- Pork & Beans with sauce
- Orange Juice, calcium fortified



A “Checklist for Your Next Checkup,” can be found at http://www.ahrq.gov/ppip/health_ywom.htm or ordered by calling (800) 358-9295.

The prevention guide, “A Lifetime of Good Health. Your Guide to Staying Healthy,” can be found at http://www.4woman.gov/pub/PG_English.pdf or ordered by calling (800) 994-WOMAN (9662).

For information about how to participate in National Women’s Check-Up Day, visit the National Women’s Health Information Center at www.4woman.gov/whw or call (800) 994-WOMAN (9662), or TTY: (888) 220-5446.

Nutrition Labels Can Show You Where to Find Calcium

You can use the food label to find out how much calcium is in packaged foods. All you need to know is the % Daily Value for calcium provided by the food and its serving size.

What does the % Daily Value Tell You?

The FDA uses the term DV to describe the daily value of calcium the general U.S. population needs every day. To reach **100% DV** for calcium, individuals should consume **1,000 mg**. The %DV on the "Nutrition Facts" panel of a food label tells consumers how much calcium one serving of that food contributes to the recommended 1,000 mg daily serving. So, if a food has 200 mg of calcium per serving, the "Nutrition Facts" panel on the food label would show that the food contains **20% DV** for calcium.

Nutrient Content Claims

Many food packages include a claim about the nutrient content of the product, such as "High in Calcium."

Nutrition Facts

Serving Size (316g)		Servings Per Container	
Amount Per Serving		Calories from Fat 90	
Calories 230		% Daily Value*	
Total Fat 11g		17%	
Saturated Fat 6g		30%	
Cholesterol 30mg		10%	
Sodium 480mg		20%	
Total Carbohydrate 28g		9%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 7g			
Vitamin A 20% • Vitamin C 6%			
Calcium 4% • Iron 10%			
<small>*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.</small>			
Total Fat	Less than 85g	85g	2,500
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	30g	375g	
Dietary Fiber	25g	35g	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>			

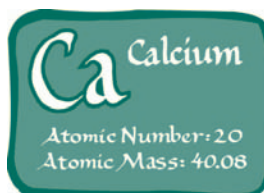
Finding these claims on the label is an easy way to identify foods that contain the calcium you need.



- Foods containing 20% or more of the calcium DV, can say on the label that they are "High in Calcium," "Rich in Calcium" or an "Excellent Source of Calcium."

- A food containing 10% to 19% of the calcium DV, can say on the label that it "Contains Calcium," "Provides Calcium" or is a "Good Source of Calcium."

- Foods containing 10% or more of the calcium DV, when compared to a standard serving size of a similar food, can say that they are "Calcium Enriched", "Calcium-Fortified" or have "More Calcium." For example, a box of calcium-fortified corn flakes may include the following statement: "Calcium Enriched" (15% more of the Daily Value than nonfortified corn flakes).

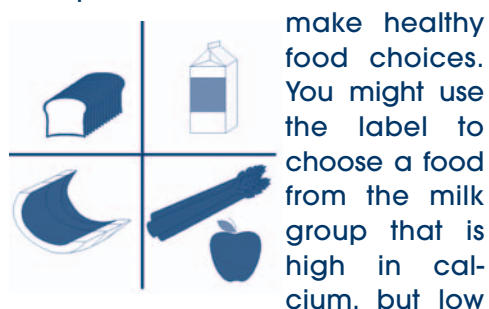


Watch for the **calcium health claim** on food labels. For example, a label for calcium-fortified orange juice could include the statement, "Osteopo-

rosis: What's the calcium connection? Regular exercise and a healthy diet with enough calcium can help maintain bone health and may reduce the risk of osteoporosis later in life." Foods that make a health claim must meet high standards, not just for the nutrient that is identified, like calcium, but for overall healthfulness.

Choosing Food Products

Food labels give you information to compare one food with another to



make healthy food choices. You might use the label to choose a food from the milk group that is high in calcium, but low in fat. You can also read the label before you buy orange juice. The %DV for calcium will be higher for calcium-fortified orange juice than it is for regular orange juice. Calcium supplements are another means by which optimal calcium intake can be reached by those who cannot meet this need by eating conventional foods.



"Linking Citizens of Louisiana with Opportunities for Success"

Resources/References:

1. The National Women's Health Information Center www.4woman.gov
2. Food and Drug Administration's Calcium Education program
3. Recipes provided by Washington State Dairy Council

For Additional Information Contact: