

Updates in Women's Health

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VP of Women's Service Line



Ascension

Listening to you, caring for you.®

I made the mistake of shopping at Target
while wearing a red shirt & next thing you know
I was filling in for Lana's shift!



Is female brain more efficient?

"Women's brains are definitely different from men's brains," said Apostolos. "What we have found is that women, in many different tasks, process information about five times faster than men, and use much less of their brain to do identical cognitive performance."

Sticky Note Hell



Routine Health Screenings for Women

Make time for you

- Pap and HPV test
- STD testing
- Diabetes Screening
- MammogramP
- Skin Check
- Colonoscopy
- Cholesterol check
- Lung Cancer Screening
- Bone Density
- Hearing test
- Eye Exam
- Dentist

Which recommendation do you pay attention to?

- Yearly beginning at 40?
- Every other year beginning at 45 for average risk?
- At 50 every other year?
- Get an ultrasound with every mammogram?
- And what does breast density mean?
- What really are the risk factors for breast cancer?



3D Mammography

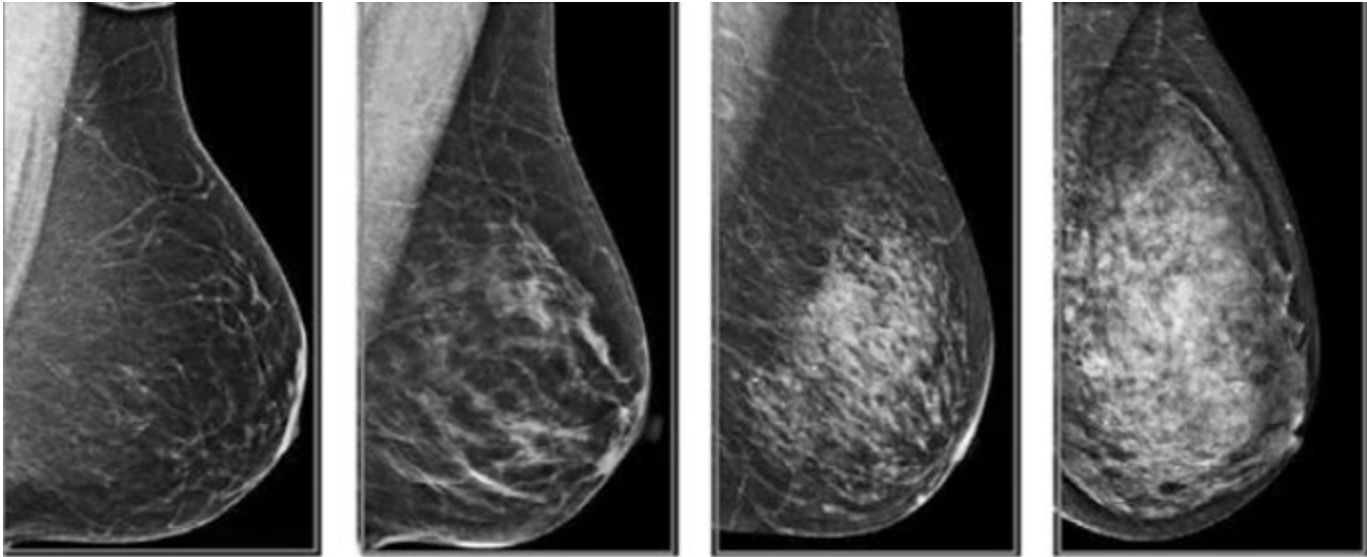
Standard of Care



Risk Factors

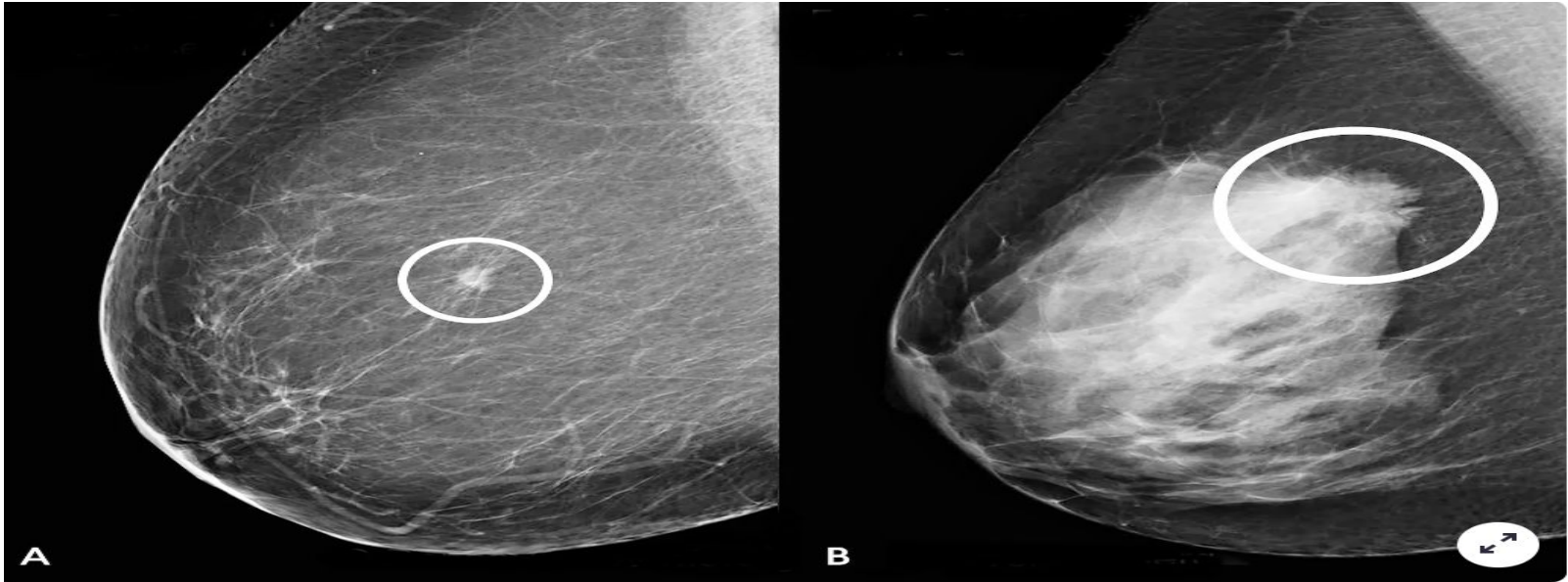
- Being female and age (getting older)
- Family History on mothers or dads side
- Obesity
- Smoking
- Alcohol use
- No exercise
- Genetic
- Nulliparous

Breast Density



Breast Density

Dense breast makes it difficult to see the cancer



2D vs 3D

- More accurate detection
- Earlier diagnosis
- Better detections in dense breast tissue
- Less anxiety
- Less call backs
- Not all breast centers have 3D

Signs and Symptoms: Main symptoms

- Bloating
- Pelvic or abdominal (belly) pain
- Trouble eating or feeling full quickly
- Urinary symptoms such as urgency (always feeling like you have to go) or frequency (having to go often)

Other Symptoms of Ovarian Cancer

Pay Attention

- Fatigue (extreme tiredness)
- Upset stomach
- Back pain
- Pain during sex
- Constipation
- Changes in a woman's period, such as heavier bleeding than normal or irregular bleeding
- Abdominal (belly) swelling with weight loss

Screening tests

- There are no screening tests for ovarian cancer
- A family history of ovarian cancer
- Breast cancer in young relatives: Genetic
- Nulliparous women
- Ovarian cancer actually begins in fallopian tubes
- Risk reducing surgery to remove ovaries and tubes is being offered to women
- Average age is 63

Symptoms

Problems can include:

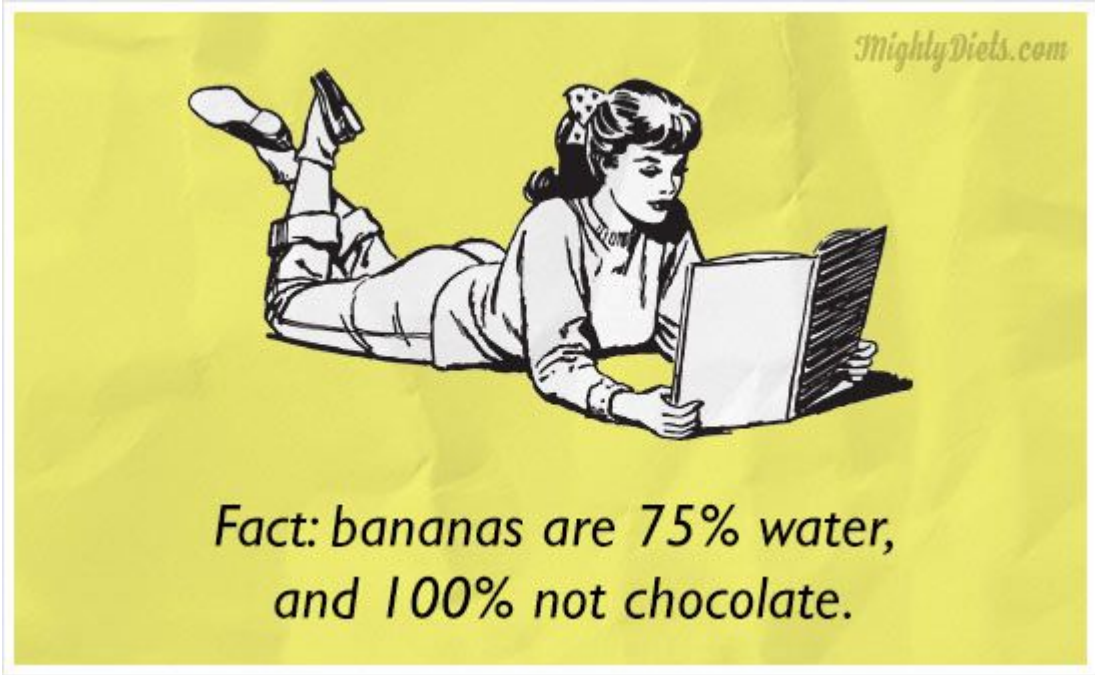
- Memory loss that disrupts daily life.
- Poor judgment, leading to bad decisions.
- Loss of spontaneity and sense of initiative.
- Losing track of dates or knowing current location.
- Taking longer to complete normal daily tasks.
- Repeating questions or forgetting recently learned information.

Sunday carbs don't count. Those are the Lord's carbs and He wants us to be happy



Common Sense

- Load your plate with vegetables. ...
- Eat a balanced breakfast. ...
- Don't starve yourself. ...
- Ask questions when you eat out. ...
- Have a plan when you hit the grocery store. ...
- Cut down on processed foods. ...
- Limit your sodium and sugar. ...
- Don't just count calories.





*I decided
to take
an
aerobics class.*

*I bent,
twisted,
gyrated*

*and jumped up and down
for an hour.*

*But, by the time
I got my leotard on,
the class was over.*

Facts

HPV infections are very common

13 million Americans, including teens become infected

Spread through intimate skin to skin contact : you can get it by having vaginal, anal sex with someone who has the virus. They may not have signs or symptoms of the virus.

Some HPV types lead to cancer of cervix, vagina, vulva, penis

Children can get the vaccine at age 11-12

- 2 doses 6-11 months apart
- Both boys and Girls
- Can start it later and most recent guidelines allows for adults to get it up to 45 years old.
- Vaccines protect against HPV types 16&18



How crazy do you feel? 45-50

- Irregular cycles
- Mood swings
- Will it ever get better
- Hot flashes
- Is there a family history of early menopause?
- Is there anything to do about it?

Menopause

Estrogen

- When you have no menstrual periods for 12 consecutive months you are considered in menopause.
- Hot flashes, not sleeping and moodiness are usually the main symptoms
- Some have no symptoms
- Others ...ugly
- Surgical menopause : sudden menopause when ovaries are removed

Natural Menopause : 52 years old

- Irregular periods.
- Vaginal dryness.
- Hot flashes.
- Chills.
- Night sweats.
- Sleep problems.
- Mood changes.
- Weight gain and slowed metabolism.

Assess Risk and Treat with lowest dose : Shortest amount of time

- Estrogen will alleviate hot flashes, mood swings, and sleep issues
- If you still have your uterus you also need a progestin
- It is best to assess risk and treat sooner rather than later
- Bio-identical preparations still have risk and is counted as estrogen
- There are few studies on the benefits of testosterone
- Decreased libido is an issue and so is pain with intercourse: treat vaginal symptoms

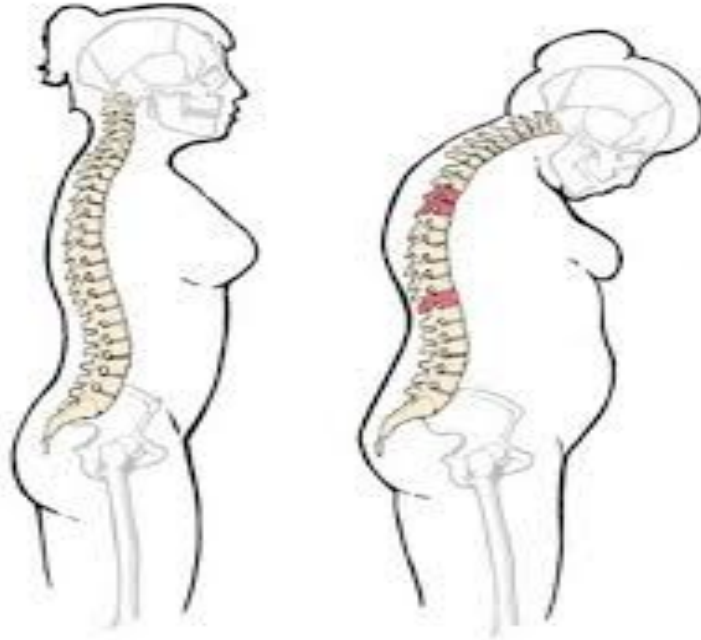
The Silent Disease

- Gender. Your chances of developing osteoporosis are greater if you are a woman.
- Age. The older you are, the greater your risk of osteoporosis. ...
- Body size. Small, thin-boned women are at greater risk.
- Ethnicity. Caucasian and Asian women are at highest risk. ...
- Family History : Did you mom have osteoporosis
- Broken bones

More common in women

- have a healthy and varied diet with plenty of fresh fruit, vegetables and whole grains.
- eat calcium-rich foods.
- absorb enough vitamin D.
- avoid smoking.
- limit alcohol consumption.
- limit caffeine.
- do regular weight-bearing and strength-training activities.

Loss of Height: Kyphosis





Risk Factors for Heart Disease: #1 Killer of Women

- Hypertension
- High LDL (low-density lipoprotein) cholesterol
- Smoking
- Diabetes
- Excess weight
- An unhealthy diet
- Physical inactivity
- Drinking too much alcohol
- Stress and depression

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting	Nausea or vomiting
Jaw, neck or back pain	Jaw, neck or upper back pain
Squeezing chest pressure or pain	Chest pain, but not always
Shortness of breath	Pain or pressure in the lower chest or upper abdomen
	Shortness of breath
	Fainting
	Indigestion
	Extreme fatigue

American Heart Association
Go Red
for women.

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Heart Scan : Looks for Calcium buildup in arteries



Just a Little Heart Attack





Where
there is
a woman
there is
magic.

