

Date: May 21, 2009

Topic: Women: Maintaining Health & Well-being

Panelists: 1. Ivy Alexander, Ph.D., ANP-BC, APRN (Associate Prof. & Midlife Women's Health Specialist, Yale University)
2. Deborah Desir, M.D., Specialist in Internal Medicine & Rheumatology (Arthritis & Osteoporosis Ctr, 2200 Whitney Ave, Suite 320, Hamden)
3. Karin Michels-Ashwood, M.D., Medical Director (Hill Health Center)

Screen Graphics:

IN SHAPE

I = Use *Imagination*, keep food selections varied and *Interesting*

N = Attend to the *Nutritional Value* of your foods

S = *Serving Size*, plan *Smart Snacks*

H = *Hydrated* (keep yourself hydrated)

A = *Alcohol*, ingest only in moderation

P = *Portion Size*, be *Pro-Active* about your health (have things ready in advance), and *Prepare* foods in a healthy way

E = *Enjoy* your food and *Exercise*

For more information:

Visit the following Websites:

www.nof.org

www.menopause.org

www.4women.gov

www.ivillage.com

[Living Well & Aging Well](#)

www.healthywomen.org/wellness

Women's Health

www.womenshealth.gov/statistics

Visit: www.oneworlddpi.org for additional information. Call us at (203) 407-0250. You can order a copy of this program on DVD for \$25, or on VHS for \$15.00

Reference Books:

100 Questions and Answers About Menopause, by Ivy Alexander and Karla Knight, J+B publishers

100 Questions and Answers About Osteoporosis and Osteopenia, by Ivy Alexander and Karla Knight, J+B Publishers. Watch *"21st Century Conversations"* weekly on Public Access

If you cannot find the program, ask your PEG Access station to carry it.

Screening and Prevention: Adult 50 years of age and older

- Individualized
- Needs to provide benefit and target a condition
- More likely to be delivered when there is an established relationship with a clinician

Types of Screening and Prevention:

1. Cardiovascular disease (heart attacks and Strokes)
2. Cancer: Breast, Cervical , Colorectal,
3. Depression
4. Diabetes
 Immunizations: Influenza vaccine; Pneumococcal Vaccine; Zoster vaccine
5. Injury prevention
6. Domestic Violence
7. Lifestyle-related Problems
8. Substance abuse/ Sexually Transmitted Diseases
9. Vision and Hearing
10. Osteoporosis

What is Osteoporosis?

Osteoporosis is a disease in which bones become fragile and are more likely to break. It is a silent disease.

10 million people in the U. S. have osteoporosis, 80% of these are women.

34 million people have low bone density or Osteopenia.

People of all racial/ethnic backgrounds are potentially at risk for developing osteoporosis.

50% of women over 50 will suffer an osteoporosis related fracture in their lifetime. The risk is higher than the risk of stroke, heart attack and breast cancer combined.

Menopause (Ivy)

1. What are the common symptoms of menopause?

- a. Reduced libido/sexuality – I have no desire to be intimate with my husband; I cannot stand to be intimate, but I'm afraid to be alone; What can I do to make intimacy possible without those creams?
- b. Hot Flashes – I am 52; at night I sweat like a pig; I do not want the hormone pills and I am afraid of the creams.
- c. Sleep problems / Irritability – Irritability is a real problem for me. The doctors at the clinic have no time to answer; HELP? Menopause is over for me, yet I have trouble sleep most nights; if I go to bed early (10 - 11) I wake up x 2. Why?
- d. Skin and Hair changes – As we age, why do the hair gets thinner for some of us women and not for others? I hate it!

2. How can the symptoms of menopause be managed? (Ivy)

a. Lifestyle changes

- i. Dress; temperature; avoidance of caffeine, sugar, tobacco; increased H₂O; exercise; excellent sleep hygiene
- ii. Should women drink only herbal & green teas? Caffeine keeps me up at night; yet, if I don't drink it, I can get nothing done during the day; what's the answer? Due to lack of sleep I am often tired; is Melatonin the best non-prescription sleep aid? If not, what is?

b. CAMs

- i. Relaxation techniques, Yoga/Pilates, paced respirations
- ii. Specifically, what natural substances work? What might cause long term problems?
- iii. What about Phytoestrogens, Vitex, Black Kohosh & St. John's Wort? They seem to offer relief on and off so I rotate them. My doctor will not discuss these. Will these cause long-term problems?

3. Deborah Desir, M.D.

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