

Breast Cancer Awareness is the Theme of the 2010 Southern Illinois Women's Health Conference

Plans are underway for the 24th Southern Illinois Women's Health Conference that will take place on Saturday, September 18, 2010.

Some of the breakout sessions include breast health, reconstructive surgery, oral health, the importance of ourselves, self esteem, childhood nutrition, choosing health and nutritious food when eating out, dealing with loss, parenting issues, how to start a walking program, how

to dress for less, yoga, and more.

The day starts with the blood screening. A continental breakfast and keynote speaker are next on the agenda. Breakout-sessions, health screenings and lunch follow.

The registration form will be sent in early August to women on the WHW mailing list. It will also be available at www.w4hw.org. Please call the WHW office at 618-985-9210 to be placed on the mailing list.

The Doctor was In at the 2nd SI Men's Health Conference!

Four doctors with more than 100 years experience between them, were the keynote panel speakers at the SI Men's Health Conference on Saturday, March 20. Dr. Sam Stokes III, Dr. Brian McElheny, Dr. Larry Jones, and Dr. Gemilo Resaba took questions from the audience.

Blood, hearing, vision, colon cancer, skin, foot, dental and fitness screenings were offered. There were three breakout sessions on a variety of topics.

Southern Illinois Women's Teen Conference Turns 16!

February 20, 2010 was a very special day for the Southern Illinois Women's Teen Conference. Nearly 300 attendees enjoyed key-note speaker, Carrie Silver-Stock, founder of www.girlswithdreams.com. They attended two breakout sessions and viewed the exhibits. The 2011 SIWTC will take place on Saturday, February 26, 2011.

Tony Calabrese, SIUC alumnus, retired high school teacher, coach and current instructor at SIUC, was honored with the Champions Award. The 2009 honoree was former Saluki coach Jerry Kill.



Tony Calabrese

May 9-15 is National Women's Health Week

National Women's Health Week is coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. With the theme "It's Your Time," the initiative encourages women to take simple steps for a longer, healthier, and happier life and to make their health a top priority. These steps include:

- Getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week
- Eating a nutritious diet
- Receiving regular checkups and preventive screenings
- Avoiding risky behaviors, such as smoking and not wearing a seatbelt
- Paying attention to mental health, including getting enough sleep and managing stress

For more information visit <http://www.womenshealth.gov/whw/>.

Match the Evaluation Comment with the Conference

Is the comment from the SI Women's Health Conference (SIWHC), SI Women's Teen Conference (SIWTC) or the SI Men's Health Conference (SIMHC)?

- A. All the screenings available. Many could not afford these screenings.
- B. Blood screenings. I wouldn't get it without this conference.
- C. I learned a lot about my health and how to treat and improve it.
- D. I liked the choices of the sessions, very informative.
- E. A day to relax and learn or relearn important information about how to be healthy and live longer.
- F. Being able to speak with so many health professionals.
- G. You get so much, for so little money.
- H. The wealth of information and inspiration for better health habits.
- I. Hearing about what my girls learned-they seemed very excited.
- J. Inspirations/informative speakers
- K. Seeing all of the girls have an awesome time.

Answers on page 2



News From

Women for Health and Wellness, Inc.

Reaching for issues that touch our hearts

Spring 2010

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Answers to quiz on page 1
SIWHC - A, C, E, F, H
SIWTC - D, I, K
SIMHC - B, G, J

Time for Your "Life Check"

By Jill Cash, MSN, APN, Family Nurse Practitioner and WHW Board Member

Heart disease is taking a toll on the lives of women. It's time to take control of your life, be responsible and get active in preventing heart disease. If you have already been diagnosed with heart disease, it's still not too late to minimize the risk of future cardiac events from occurring.

It is estimated that more than one in three female adults has some form of cardiovascular disease (CVD). Since 1984, more women than men have died from cardiovascular events. In 2006, it is estimated that 432,709 females died from CVD while all forms of cancers combined killed 269,819 females with lung cancer claiming 69,385 lives and breast cancer claiming 40,821 lives.

High blood pressure is one component of heart disease that must be well controlled. It is estimated that men younger than 45 years old are noted to have a greater risk of hypertension than women at the same age. As women age, this changes and more women have hypertension than men.

In 2006, more than 32,000 women died from hypertension, which represents 56% of the deaths from hypertension. Studies show that non-Hispanic black women have the highest risk for high blood pressure (44.8%), Mexican American women (31.6%) are next, and the lowest risk group are non-Hispanic white women (31.1%).

Other significant factors that contribute to heart disease are smoking, high cholesterol, physical inactivity, obesity and diabetes. These

are all factors that you can work on daily to eliminate or improve one day at a time. Health habits can be developed to help you improve your overall cardiovascular health status.

The American Heart Association (AHA) has developed seven factors to serve as a framework for you to use for ideal cardiovascular health. These optimal behaviors include:

1. No smoking or having quit smoking more than 1 year ago
2. Body Mass Index (BMI) < 25
3. Physical activity for at least 150 minutes moderate activity or 75 minutes vigorous intensity each week
4. Diet- consuming 4-5 key components of healthful diet recommended by AHA
5. Total cholesterol < 200 mg/dL
6. BP < 120/80 mmHg
7. Fasting blood glucose < 100 mg/dL

These behaviors, along with a quick quiz on "My Life Check" (which I recommend to take, which evaluates your individual cardiovascular assessment and where you "are" and where you "should be" on the spectrum of heart health) are available on the American Heart Association website at <http://mylifecheck.heart.org/AssessmentTools/main.html>.

Please take the time to complete this survey and pass this along to others, so they too can focus on improving their heart health. Resources for meeting your goals are available on this site. I challenge each of you to take this assessment of your heart health!

Nominees Sought for Rosemary Berkel Crisp Award

In 1997, the first winner of the Rosemary Berkel Crisp Award was the woman for whom it was named. The WHW Board of Directors kept the establishment of the award a secret until its announcement. Rosemary Berkel Crisp was a Co-Founder of Women for Health and Wellness, Inc., and she gave freely of herself and worked tirelessly to make the organization and its conferences successful.

We are seeking a woman who is committed to healthy families and healthy communities; a woman who has contributed to the advancement or support of others or her community through her volunteer efforts or personal contributions. These contributions should not be part of her required job duties. Visit the web-site, www.w4hw.org or call WHW to obtain a nomination form. Deadline is July 30, 2010.

The winner will have a \$350 donation made in her honor to the charity of her choice. She will also receive an honorarium and a Swarovski crystal heart.

Past winners include LaVell Cox, Rebecca Hartman, M.D., Cleta Whitacre, Sandy Davis, Lori Schmider, Ph.D., LaVerne O'Brien, Patricia Bauer, Ella Phillips Lacey, Ph.D., Amy Oxford, Toni Intravaia, Penny Patton Tippy, M.D., Marlene Dietz and Sarah Bethel.

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CALENDAR



24th SI Women's Health Conference
September 18, 2010



17th SI Women's Teen Conference
February 26, 2011



3rd SI Men's Health Conference
March 26, 2011



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