

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](http://www.nof.org)

[www.menopause.org](http://www.menopause.org)

[www.4women.gov](http://www.4women.gov)

[www.ivillage.com](http://www.ivillage.com)

[Living Well & Aging Well](#)

[www.healthywomen.org/wellness](http://www.healthywomen.org/wellness)

## Women's Health

[www.womenshealth.gov/statistics](http://www.womenshealth.gov/statistics)

Visit: [www.oneworlddpi.org](http://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 *"21<sup>st</sup> 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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