**Links Health Thyself: It's all about me:** Sister Links- How many times do we spend so much time giving to others that we neglect our own health and well being? Yet, we are still vulnerable to many of the same health conditions that impact the communities we serve. This forum will feature health care professionals who will discuss risk factors and strategies to enhance our own health related to Cardiovascular Disease, Breast Cancer, Obesity, and Nutrition. At the end of the session, participants will appreciate the risk factors for the most common health issues impacting us as African American women and will acquire tips on how to improve our own health and well being.

June 21 2:30pm -4pm

2:30- 2:40 Welcome  Link Michele Halyard

2:40 -2:55 Links Heal thyself  Link Monica Parker

2:55-3:15 Cardiovascular Disease  Link Sherill Rieux

3:15-3:35 Nutrition  Link Floristene Johnson

3:35-3:50 Breast Cancer  Link Michele Halyard

3:50-4pm Q&A/ Adjourn
Links Heal Thyself:
It’s All About Me
Presentations

• Links Health Thyself- Why
  – Link Monica Parker, Chair National Health and Human Services Facet; Athens (GA)
• Cardiovascular Disease
  – Link Sherril Rieux- Beverly Hills West (CA)
• Nutrition
  – Link Floristene Johnson- Trinity (TX)
• Breast Cancer
  – Link Barbra Watson-Riley- Phoenix (AZ)
• Q&A
Preventive Health for Women

Affordable Care Act
Monica W. Parker, MD
Assistant Professor OF Medicine
Division of Geriatrics
Objectives

- Learner will understand what services are included in prevention care
- Learner will understand that Chronic Disease is preventable
- Learner will understand the role of health insurance in disease prevention
Preventive Services Defined

Utilizing screening services to detect disease before it requires management and additional medical treatment.

- Breast cancer
- Lung cancer
- Heart disease
- Diabetes
Chronic Diseases

- 7/10 American deaths are preventable
- 75% of health dollars are spent on diseases that could have been prevented
  - costs are related to hospitalization
  - costs are related to medications
  - costs are related to diagnostic procedures
Leading Causes of Female Death

- Cardiovascular disease
- Cancer (Lung, Breast)
- Stroke
- Renal Disease
- Dialysis
- Diabetes Complications
## Leading Causes of Female Death

<table>
<thead>
<tr>
<th>Condition</th>
<th>Males</th>
<th>Females</th>
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<tbody>
<tr>
<td>Cardiovascular diseases</td>
<td>315,706</td>
<td>315,930</td>
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<td>Cancer</td>
<td>290,069</td>
<td>269,819</td>
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<td>Unintentional injuries</td>
<td>78,941</td>
<td>82,595</td>
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<td>Chronic lower respiratory diseases</td>
<td>59,260</td>
<td>65,323</td>
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<td>Cerebrovascular diseases</td>
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<td>Diabetes mellitus</td>
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<td>36,443</td>
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<td>Suicide</td>
<td>26,308</td>
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<td>Influenza and pneumonia</td>
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<tr>
<td>Kidney diseases</td>
<td>22,094</td>
<td>23,250</td>
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<tr>
<td>Alzheimer’s disease</td>
<td>21,151</td>
<td>18,712</td>
</tr>
</tbody>
</table>
Preventive Services

- March 2010, President Obama signed health legislation “the Affordable Care Act” (Obama Care)
  - Allows for preventive service coverage without extra cost
  - Allows insurance coverage for persons with pre existing illness
  - Allows “children” insurance coverage up until age 26 on their parents health plan
Preventive Care

- Mammograms
- Pap Smears
- Immunizations
- Well woman visits
- HPV testing
- Contraceptive counseling
- HIV Screening/counseling
- Gestational Diabetes
- Dementia Screening
The Affordable Care Act Protects Women

More than 6 in 10 women ages 40 and older had a mammogram within the past two years.¹

The law requires coverage of many preventive services for women, including mammograms, at no cost to women.

Nearly 77 percent of women start breastfeeding after giving birth.²

Only 16 percent still exclusively breastfeed at 6 months.²

The law requires coverage of breastfeeding support and equipment to make going back to work easier for breastfeeding moms.

An estimated 19.7 million women are smokers,³ which puts them at risk for several types of cancer and heart disease.

The law requires coverage, at no cost, for services to help women quit smoking.

Nearly 135 million women have received a routine exam in the past two years,⁴ many having to pay out-of-pocket.

The law requires coverage of well-woman visits at no cost to women.

More than 4 in 10 women ages 15–44 use some form of contraception.⁵

The law requires full coverage of FDA-approved birth control at no cost to women.
Preventive Services

- Aneurysm Screening
- Alcohol Counseling
- Aspirin Use Screening
- Blood Pressure Screening
- Cholesterol Screen screening
- Colorectal screening
- Depression
- Type 2 Diabetes
- Diet Screening
- HIV
- Immunizations
- Obesity
- STD counseling
- Tobacco Use
- Syphilis screening at high risk
Services for Women

There are 22 specific services for women covered under the ACA:

- Anemia
- Bacteriuria
- Mammography
- Breast Cancer Chemoprevention
  - Reconstructive surgery
- Breastfeeding
- Cervical Screening
Women Services Cont’d

- Cervical cancer
- Chlamydia infection
- Contraception
- Domestic/Personal Violence
- Hepatitis Screening
- Osteoporosis
Accessing Services

- Identify your Primary Care Provider
- Have knowledge of your insurer and provider network
  - Health department
  - Community Health Service
- Keep copies of your insurance, pharmacy and dental plan cards available
At the Doctor’s

☐ Ask for what you need
  ☑ Women’s Annual
  ☑ STD, HPV
  ☑ Specific counseling screening
    ☑ Diabetes, cholesterol, STD, BP, cancer
  ☑ Update your immunizations
    ☑ Tetanus, pneumonia, zostavax, hepatitis
  ☑ Chest Xray for smokers, Tb exposure
Summary

- Preventive Services are covered by your insurance without additional charges
- Preventive care is not helpful if you do not use it
- Physician’s may NOT be aware of what is covered so you must ask for it

Website:
Links Heal Thyself: It’s All About Us

Western Area Conference
Houston, TX
June 21, 2013
Sherril M. Rieux, MD

Preventing Heart Disease
What is Heart Disease?

- Hypertension
- Cholesterol
- Heart Attacks
- Angina
- Stroke
- Diabetes
Know Your Numbers!

S Normal blood pressure: 120/80
S High blood pressure: >135/85
S Cholesterol: HDL>50; LDL<100; Triglycerides<150
S Diabetes A1C<6.5
Know Your Symptoms!

- Chest pain and pressure
- Radiation of pain
- Nausea
- Shortness of breath
- Sweating
- Fatigue
Exercise Prevents Heart Disease

S Decreases blood pressure
“20 minutes three times per week”

S Prevents diabetes
“30 minutes per day reduces risk of diabetes by 34%”
Exercise Prevents Heart Disease

SImproves Cholesterol
Increases the Good, Lowers the Bad

SReduces your risk of dying from a stroke
Moderate exercise puts you at 20% less risk of having a stroke
Exercise Improves Mental Health

Depression
Improves self esteem
Produces endorphins which improves mood

Alzheimer’s and Dementia

Insomnia
**Exercise Prevents**

**Osteoporosis**
- Weight bearing exercise strengthens bone formation.
- “Women who walked 4 or more hours per week had 41% fewer fractures than those who walked less than 1 hour per week”

**Arthritis Pain**
- Stretching daily decreases arthritic pain by 50%

**Back Pain**
- Manage and prevent back pain with muscle strengthening and flexibility
- Good posture and strong abdomen best defense against back pain
The Basics of Exercise

- Cardio
- Strengthening
- Flexibility
- Balance and Agility
- Mind Body
- Just GO PLAY
Should I see my Doctor before I start My exercise program?

Talk to your doctor before you start an exercise program if:

- You're a man older than age 40 or a woman older than age 50
- You've had a heart attack
- You have a family history of heart disease before age 55
- You have heart, lung, liver or kidney disease
- You feel pain in your chest, joints or muscles during physical activity
- You have high blood pressure, high cholesterol, diabetes, arthritis, osteoporosis or asthma
Should I see my Doctor before I start My exercise program?
Talk to your doctor before you start an exercise program if:

S You've had joint replacement surgery
S You smoke
S You're overweight or obese
S You take medication to manage a chronic condition
S You have an untreated joint or muscle injury, or persistent symptoms after a joint or muscle injury
S You're pregnant
S You're unsure of your health status
Physically Fit
Mind, Body and Spirit

S[Aerobic

2-3 days per week
30 minutes each day
Physically Fit
Mind, Body and Spirit

Strength Training

2-3 days per week
20 minutes per day
Balance and Agility

Every day

5-10 minutes each day
Physically Fit
Mind, Body and Spirit

S Mind Body

S Every day

S 5-10 minutes to 30-40 minutes

each day
Physically Fit
Mind, Body and Spirit

SJJust GO PLAY

1 day per week
As long as it takes!
Make Exercise a Habit

- Start slow and take small steps
- Be realistic
- Pick exercises you enjoy
- Recruit a partner
- Keep track of your progress
- Set goals and reward yourself
My Exercise RX

Increase Energy - Lower Stress

Rx for Health:
Get Up and Get Moving!

Congratulations on deciding to increase your physical activity!
Here is the plan we discussed to start you on your way.

Date: ______________

Start with: ___________ minutes ___ days per week

Gradually increase to: ___ minutes ___ days per week

Where: ____________________________

We will review this plan at your next visit.

________________________
Health Care Provider Signature

Sleep Better
Walk the Dog

Enjoy the Outdoors

Copyright © 2010 New Mexico Health Care Takes On Diabetes
What Do I Enjoy?

**S**Aerobic

Walk  Swim  Jog  

Zumba  Dancing  Boxing  

Treadmill  Elliptical  P90X  

**S**Strength Training

Pilates  Ab Machine  Free Weights  Resistance Bands  Insanity
What Do I Enjoy?

**Flexibility**

Stretching: DVD  Barre TV Show

**Balance and Agility**

Stand on one foot while brushing teeth or while standing in line at bank

Posture or Yoga class

**Mind Body**

Deep Breathing Exercises  Yoga  Tai Chi  Prayer  Meditation  Qi Gong
What Do I Enjoy?

❖ Just GO PLAY

Golf   Tennis   Basketball   Biking
Rollerblading   Gardening   Hiking
Ballroom Dancing   Pole Dancing   Martial Arts
Fishing
SEX
“If exercise could be packed in a pill, it would be the single most widely prescribed and beneficial medication in the nation”

Robert Butler, MD
Just GO PLAY!
NUTRITION AND ITS ROLE IN HEALTH

Presented by
Link Floristene Johnson, MS, RD, LD
The shape of things to come
Questions to Ask?

- What is the definition of health?
  The absence of disease.
- What is the definition of nutrition?
  The science of food, the nutrients it provides and the changes they undergo in the body.
## Weight in Pounds

| Height in Feet and Inches | 100  | 110  | 120  | 130  | 140  | 150  | 160  | 170  | 180  | 190  | 200  | 210  | 220  | 230  | 240  | 250  |
|---------------------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| 4'                        | 30.5 | 33.6 | 36.6 | 39.7 | 42.7 | 45.8 | 48.8 | 51.9 | 54.9 | 58.0 | 61.0 | 64.1 | 67.1 | 70.2 | 73.2 | 76.3 |
| 4' 2"                     | 28.1 | 30.9 | 33.7 | 36.6 | 39.4 | 42.2 | 45.0 | 47.8 | 50.6 | 53.4 | 56.2 | 59.1 | 61.9 | 64.7 | 67.5 | 70.3 |
| 4' 4"                     | 26.0 | 28.6 | 31.2 | 33.8 | 36.4 | 39.0 | 41.6 | 44.2 | 46.8 | 49.4 | 52.0 | 54.6 | 57.2 | 59.8 | 62.4 | 65.0 |
| 4' 6"                     | 24.1 | 26.5 | 28.9 | 31.3 | 33.8 | 36.2 | 38.6 | 41.0 | 43.4 | 45.8 | 48.2 | 50.6 | 53.0 | 55.4 | 57.9 | 60.3 |
| 4' 8"                     | 22.4 | 24.7 | 26.9 | 29.1 | 31.4 | 33.6 | 35.9 | 38.1 | 40.4 | 42.6 | 44.8 | 47.1 | 49.3 | 51.6 | 53.8 | 56.0 |
| 4' 10"                    | 20.9 | 23.0 | 25.1 | 27.2 | 29.3 | 31.3 | 33.4 | 35.5 | 37.6 | 39.7 | 41.8 | 43.9 | 46.0 | 48.1 | 50.2 | 52.2 |
| 5'                        | 19.5 | 21.5 | 23.4 | 25.4 | 27.3 | 29.3 | 31.2 | 33.2 | 35.2 | 37.1 | 39.1 | 41.0 | 43.0 | 44.9 | 46.9 | 48.8 |
| 5' 2"                     | 18.3 | 20.1 | 21.9 | 23.8 | 25.6 | 27.4 | 29.3 | 31.1 | 32.9 | 34.7 | 36.6 | 38.4 | 40.2 | 42.1 | 43.9 | 45.7 |
| 5' 4"                     | 17.2 | 18.9 | 20.6 | 22.3 | 24.0 | 25.7 | 27.5 | 29.2 | 30.9 | 32.6 | 34.3 | 36.0 | 37.8 | 39.5 | 41.2 | 42.9 |
| 5' 6"                     | 16.1 | 17.8 | 19.4 | 21.0 | 22.6 | 24.2 | 25.8 | 27.4 | 29.0 | 30.7 | 32.3 | 33.9 | 35.5 | 37.1 | 38.7 | 40.3 |
| 5' 8"                     | 15.2 | 16.7 | 18.2 | 19.8 | 21.3 | 22.8 | 24.3 | 25.8 | 27.4 | 28.9 | 30.4 | 31.9 | 33.4 | 35.0 | 36.5 | 38.0 |
| 5' 10"                    | 14.3 | 15.8 | 17.2 | 18.7 | 20.1 | 21.5 | 23.0 | 24.4 | 25.8 | 27.3 | 28.7 | 30.1 | 31.6 | 33.0 | 34.4 | 35.9 |
| 6'                        | 13.6 | 14.9 | 16.3 | 17.6 | 19.0 | 20.3 | 21.7 | 23.1 | 24.4 | 25.8 | 27.1 | 28.5 | 29.8 | 31.2 | 32.5 | 33.9 |
| 6' 2"                     | 12.8 | 14.1 | 15.4 | 16.7 | 18.0 | 19.3 | 20.5 | 21.8 | 23.1 | 24.4 | 25.7 | 27.0 | 28.2 | 29.5 | 30.8 | 32.1 |
| 6' 4"                     | 12.2 | 13.4 | 14.6 | 15.8 | 17.0 | 18.3 | 19.5 | 20.7 | 21.9 | 23.1 | 24.3 | 25.6 | 26.8 | 28.0 | 29.2 | 30.4 |
| 6' 6"                     | 11.6 | 12.7 | 13.9 | 15.0 | 16.2 | 17.3 | 18.5 | 19.6 | 20.8 | 22.0 | 23.1 | 24.3 | 25.4 | 26.6 | 27.7 | 28.9 |
| 6' 8"                     | 11.0 | 12.1 | 13.2 | 14.3 | 15.4 | 16.5 | 17.6 | 18.7 | 19.8 | 20.9 | 22.0 | 23.1 | 24.2 | 25.3 | 26.4 | 27.5 |
| 6' 10"                    | 10.5 | 11.5 | 12.5 | 13.6 | 14.6 | 15.7 | 16.7 | 17.8 | 18.8 | 19.9 | 20.9 | 22.0 | 23.0 | 24.0 | 25.1 | 26.1 |
| 7'                        | 10.0 | 11.0 | 12.0 | 13.0 | 13.9 | 14.9 | 15.9 | 16.9 | 17.9 | 18.9 | 19.9 | 20.9 | 21.9 | 22.9 | 23.9 | 24.9 |

http://www.freebmiicalculator.net

- **Underweight**
- **Normal**
- **Overweight**
- **Obesity**
**Body Mass Index**

Underweight = BMI < 18
Healthy Weight = BMI 20-25
Overweight = BMI 25-29.9
Obese = BMI > 30
Foods and Nutrients to Increase

Whole grains
Foods and Nutrients to Increase

Fruits and Vegetables
Foods and Nutrients to Increase

Low-fat or fat-free milk
yogurt and cheese or fortified soy beverages
Foods and Nutrients to Increase

Seafood
Foods and Nutrients to Increase

VEGETABLE OILS

- Canola
- Corn
- Olive
- Peanut, and
- Soybean
Food and Food Components to Reduce

- Solid Fats, Including Trans Fats
- Added Sugars
SoFAS

Reduce SoFAS

- Fresh Peach + sugar + crust = Peach Cobbler
- Orange Juice + sugar + water = Orange Punch
- Sweet Potatoes + sugar + butter
Food and Food Components to Reduce

FATS

- Reduce intake of solid fats and trans fat by
- Replacing with monounsaturated and polyunsaturated fats.
- Solid fats are found in animal-based foods.
- Trans fats – made in foods vegetable oils that have been partially hydrogenated such as cookies, pastries, and crackers.
Calorie

Amount of heat necessary to raise the temperature of water one degree Centigrade.
Food and Food Components to Reduce

- The recommendation for sodium
- 2300 milligrams for most people
- 1500 mg/day African Americans,
  - those over 51 years/age
  - high blood pressure,
  - diabetes,
  - chronic kidney disease.
The Salty Six

1. **Breads & Rolls**
   Some foods that you eat several times a day, such as bread, add up to a lot of sodium even though each serving may not seem high in sodium. Check the labels to find lower-sodium varieties.

2. **Cold Cuts & Cured Meats**
   One 2 oz. serving, or 6 thin slices, of deli meat can contain as much as half of your daily recommended dietary sodium. Look for lower-sodium varieties of your favorite lunch meats.

3. **Pizza**
   A slice of pizza with several toppings can contain more than half of your daily recommended dietary sodium. Limit the cheese and add more veggies to your next slice.

4. **Poultry**
   Sodium levels in poultry can vary based on preparation methods. You will find a wide range of sodium in poultry products, so it is important to choose wisely.

5. **Soup**
   Sodium in one cup of canned soup can range from 100 to as much as 940 milligrams—more than half of your daily recommended intake. Check the labels to find lower sodium varieties.

6. **Sandwiches**
   A sandwich or burger from a fast food restaurant can contain more than 100 percent of your daily suggested dietary sodium. Try half a sandwich with a side salad instead.
Some Suggestions

- Prepare food with less salt and sodium.
- Taste food before salting it.
- Eat fresh fruits and vegetables which are naturally low in sodium.
- Check food labels for low sodium and no added salt.
- Eat fresh, lean meats, unsalted nuts and eggs.
Choose Beverages Wisely

- Move away from sugary beverages with lots of calories and no nutrient value.
- Here's a simple rule of thumb for the fluids we need:
  - Drink milk with meals and drink water with snacks. For children, that's three 8-ounce glasses of fat-free or low-fat milk and two to three glasses of water.
Facts About Breast Cancer
What Should We Know
What Should We Do?
Motivation Behind This Work

• Nationally, one in eight women, as well as a minority of men, will be diagnosed with breast cancer
• Although the incidence of breast cancer is lower in Blacks, the survival is lower

• Within the Phoenix Metro area:
  Ø The percentage of Black women diagnosed with early stages of the disease is lower than that of Caucasian women
  Ø The percentage at which Black women are diagnosed at stage III or IV is nearly twice as high as the percentage of Caucasian women
  Ø The survival rate in Black women lags behind other ethnic groups in Arizona as it does nationally
CBBC began as an initiative of:

The Phoenix Chapter of the Links, Incorporated Sigma Pi Phi Gamma Mu Boule Mayo Clinic

501C-3 Non-profit organization
MISSION

TO PROVIDE HIGH QUALITY, RELIABLE INFORMATION WITHIN A SAFE AND SUPPORTIVE ENVIRONMENT, FOR BLACK BREAST CANCER SURVIVORS (DEFINED AS ANYONE WHO HAS BREAST CANCER FROM THE TIME OF DIAGNOSIS THROUGH THEIR LIFETIME), FAMILY MEMBERS, CAREGIVERS, AND SUPPORTERS WITHIN THE PHOENIX METROPOLITAN AREA, AND TO EDUCATE THE BLACK COMMUNITY ABOUT BREAST CANCER PREVENTION, DIAGNOSIS, AND SCREENING
• Women should start having mammograms at age 40 and have them every 1-2 years
  • If family history of breast cancer in mother or other higher risk factors should discuss with their healthcare provider age of first screening mammogram

• Age ≥ 50 yearly mammogram

• Age at when to stop having mammograms should be discussed with healthcare provider

• Clinical Breast self exam by healthcare provider– every 3 years for women in their 20s and 30s and every year for women ≥40 years

• Breast self exam monthly
Breast Cancer Prevention

What can I do?
• **What can be done to prevent breast cancer?**
  • No clear answers for majority of people
  • Much research going on

• For people with strong family history of breast cancer, genetic testing can determine if person is BRCA positive (breast cancer gene)
  • Inherited breast cancer only in 5-10% of patients
  • If BRCA positive, some women choose to have both breasts removed as prevention

• If a woman has had one breast cancer, she may be eligible to take tamoxifen or aromatase inhibitors - drugs that reduce risk of getting another breast cancer by 50%
Prevention

- Important to follow screening guidelines
- Know your family history
- Maintain healthy weight
  - Obesity linked to increased breast cancer in postmenopausal women
- Diet- eat a healthy diet for overall good health
  - Lack of agreement on the effect of diet on breast cancer development
- Exercise- most studies show decreased risk in physically active women
  - Aim for 150 mins moderate of 75 mins vigorous exercise per week
- Some studies suggest low vitamin D levels increase breast cancer risk
- Some studies suggest adequate intake of folate may be important especially for women who drink alcohol regularly
- No specific benefit found to antioxidants for breast cancer prevention
Balance

Physical Activity

CALORIES