



Healthy Woman

News from the Office of Women's Health

Summer 2009

ILLINOIS DEPARTMENT OF PUBLIC HEALTH • PAT QUINN, GOVERNOR • DAMON T. ARNOLD, M.D., M.P.H., DIRECTOR

WOMEN'S HEALTH INITIATIVE GRANTS ANNOUNCED

The Illinois Department of Public Health, Office of Women's Health, has awarded more than \$1.1 million in grants for women's health programs that focus on cardiovascular disease, diabetes, osteoporosis, menopause and other conditions facing women.

Women's Health Initiative Grants, which are funded through state general revenue funds, provide money for seven model education programs –

- Heart Smart for Women, a 12-week community-based program designed to change behavior while promoting the benefits of exercise and nutrition.
- Heart Smart for Teens, a nine-week nutrition and exercise curriculum geared toward school-aged girls.
- Life Smart for Women, a 10-week comprehensive education curriculum covering a variety of women's health topics including cardiovascular disease, stroke, diabetes, nutrition, fitness, stress, substance abuse, violence against women, sexual health, aging and family health and is appropriate to a diverse audience of women.
- Building Better Bones, a program for women that offers group education sessions as well as bone density screenings for osteoporosis.
- Jump Girl Jump, a four-session structured jump rope and nutrition program for grade school girls designed to create awareness of bone health, physical activity, and the importance of calcium intake.
- Osteoporosis Prevention for Teens, a program targeting high school freshman and sophomore students that includes a presentation on osteoporosis and several activities including a nutrition demonstration and exercises to promote bone building.
- Understanding Menopause, a program that offers educational sessions that help women understand peri-menopause, menopause and other related health issues.

The 57 non-profit organizations, local health departments, hospitals and schools that received the grants are listed on Page 11.

ANNUAL WOMEN'S HEALTH CONFERENCE COMING SOON

The 11th annual Women's Health Conference will feature Dr. James M. Galloway, assistant U.S. surgeon general, and Dr. Pamela Peeke, chief medical correspondent for Discovery Health TV. The two day conference, sponsored by the Illinois Department of Public Health, will be held Oct. 28 and 29.

Dr. Galloway, a rear admiral in the United States Public Health Service (USPHS), was appointed regional health administrator in March 2007 by the assistant secretary of health and is the lead federal physician, the principal federal public health official and the senior USPHS officer for Region V, which encompasses the states of Illinois, Indiana, Michigan, Minnesota, Ohio and Wisconsin. As the regional health administrator, Dr. Galloway's leadership responsibilities include disease prevention, health promotion, women's and minority health, the reduction of health disparities, the fight against HIV/AIDS, the Medical Reserve Corps, pandemic influenza and emergency planning. He is actively involved in the push for enhanced access to quality health care.

Dr. Peeke is an internationally recognized expert, physician, scientist and author in the fields of nutrition, stress, fitness and public health. On stage or in front of the camera, she combines her trademark energy, wit and humor with the latest scientific data to motivate and educate audiences of all ages to transform themselves for healthy living. Serving as chief medical correspondent for Discovery Health TV, Dr. Peeke is featured on the award winning "National Body Challenge" series and is the host of the "Could You Survive?" series. Her bestselling books include "Fight Fat After Forty," "Body for Life for Women" and "Fit to Live."

The conference also will feature the Emmy-nominated film, "In the Family," about filmmaker Joanna Rudnick's struggle to decide whether to remove her breasts

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LUPUS: AN OVERVIEW

Lupus is an autoimmune disease that can affect various parts of the body, including the skin, joints, heart, lungs, blood, kidneys and brain. Normally the body's immune system makes proteins called antibodies that protect the body against viruses, bacteria and other foreign invaders. These foreign invaders are called anti-

In an autoimmune disorder like lupus, the immune system cannot tell the difference between foreign substances and its own cells and tissues. The immune system then makes antibodies that attack the body itself. This causes inflammation, pain and damage to various organs.

There are four recognized types of lupus:

- **Systemic lupus erythematosus** – is the form of the disease that most people are referring to when they say “lupus,” and it is what this article will focus on. It is a chronic disease that tends to have flares and remissions. Different organs and organ systems will be affected at different times during the course of the disease. There may be times

when people affected by this disease feel well and other times when they do not. Medications and other therapies can lessen the severity of flares, increase the length between flares, and reduce the risk of serious disease manifestations. Although SLE is not considered curable, patients can enjoy periods of extended remission.

- **Discoid lupus** – a chronic skin disorder, sometimes called cutaneous lupus, in which a red, raised rash appears on the face, scalp or elsewhere. The red scaling rash can lead to scarring. The rash may last for days or years and may recur. A small percentage of people with discoid lupus have or will develop SLE.

- **Drug-induced lupus** – is a form of lupus caused by medications. This type has symptoms similar to those seen in SLE except that the kidneys and brain are rarely involved. Many different drugs can cause drug-induced lupus. In all but rare cases, once the offending drug is not taken anymore, the disease resolves completely.

- **Neonatal lupus** – this type occurs when the

Lupus is a serious national health problem, affecting as many as one of every 200 Americans. Ninety percent of those with the disease are women and it is three times more common among minority women. However, most women have little or no knowledge of the disease.

In order to raise awareness of women who are at greatest risk for the disease, the U.S. Department of Health and Human Services' Office on Women's Health and the Ad Council have launched a national campaign to address the disease. The campaign includes new public service announcements that feature real women who have lupus. They portray women who have symptoms that might be related to lupus but these women have not yet asked their doctors the most important question, “Could I have lupus?” The PSAs conclude with the tagline, “For answers. For support. For hope.”

The campaign encourages women to visit www.couldihavelupus.gov or call toll-free at 800-994-9662. By visiting the Web site or calling this phone number, women can learn more about this disease, its symptoms and local resources they can contact. They also can upload their personal stories, post comments and create a much-needed communal dialogue about lupus.

We support the national Office on Women's Health in their efforts to raise awareness about lupus. Please take the time to pass the information about the campaign to your clients, patients, family and friends, and do not forget to check out the Web site yourself. And, if you have symptoms, make sure you ask your doctor “Could I have lupus?”

Sincerely,



Shannon R. Lightner
Deputy Director, Office of Women's Health

mother passes the autoantibodies through the placenta to the fetus. The baby may be born with a mild rash similar to the lupus rashes seen in adults with lupus that will disappear on its own by the time the baby is about 6 months old. In rare instances, babies with neonatal lupus may have a serious heart problem that slows down the natural rhythm of the heart. Neonatal lupus is rare, and most infants of mothers with SLE are entirely healthy.

RISK FACTORS

With the exception of drug-induced lupus, the cause of lupus is unknown. Scientists suspect that people are genetically predisposed to lupus, and also know that environmental factors such as infections, antibiotics, ultraviolet light, extreme stress and certain drugs play a critical role in triggering lupus.

Lupus primarily is a disease of young women, beginning mainly between the ages of 15 and 40 years. Women are six to 10 times more likely to have lupus than are men. Lupus affects three times more African-American women than white women and also is more common in women of Hispanic, Asian and Native American descent.

Lupus can run in families, but the risk that a child or a brother or sister of a patient also will have lupus is still quite low.

SIGNS AND SYMPTOMS

For many people, lupus can be a manageable disease with relatively mild symptoms. For others, it may

cause serious and even life-threatening problems.

When lupus first sets in, symptoms such as fatigue and pain are often vague. The most common complaint people have is fatigue that is so severe it stops them from being able to function normally. The fatigue is often related to fibromyalgia. Fever, muscle and joint pain are also quite common.

Individuals who have several of the following signs or symptoms should seek medical attention:

- Muscle and joint pain
- Fever of more than 100 degrees F
- Prolonged or extreme fatigue
- Skin rashes
- Anemia
- Kidney problems
- Pain in the chest upon breathing deeply
- Butterfly-shaped rash across the cheeks and nose
- Sun or light sensitivity/ photosensitivity
- Hair loss resulting in patch or bald areas
- Abnormal blood clotting problems
- Eye disease
- Seizures
- Mouth or nose ulcers

DIAGNOSIS

Lupus can be difficult to diagnose as the symptoms come and go and are similar to those of many other illnesses. Before a diagnosis can be made, a patient must have four or more of the previously mentioned signs or symptoms. The signs and symptoms typically are not present at the same time, but evolve over weeks, months or even years.

No single test can determine whether a person has lupus, but several laboratory tests may help the doctor to make a diagnosis. The most useful tests identify certain autoantibodies often present in the blood of people with lupus.

TREATMENT

There is no cure for lupus; however, lupus can be effectively treated with drugs, and most people with the disease can lead healthy, active lives. Because of lupus' complexity and because symptoms can come and go, and even change, the medications used to treat the disease may change as well. Many medications can take several weeks or months to start working. The drugs used to treat lupus may cause side effects that are hard to distinguish from the symptoms of lupus. Some patients develop personality changes and don't quite act themselves. This is sometimes a reaction to corticosteroid treatment; however, it also may be a sign of lupus.

Even if patients take medicine for lupus, they may find that there are times when the symptoms become worse. Understanding how to prevent flares and how to treat them when they do occur helps people with lupus maintain better health.

People with lupus should:

- Avoid the sun during peak hours (usually 10 a.m. to 4 p.m.) and, for people who are especially photosensitive, avoid fluorescent lights. Wear sunscreen, protective clothing and a hat when going outside.

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NEW PREGNANCY WEIGHT GAIN GUIDELINES ANNOUNCED

The Institute of Medicine (IOM) announced new guidelines this spring on how much weight to gain during pregnancy. It's the first time the IOM has issued pregnancy weight guidelines since 1990, and in the nearly two decades since that time, obesity and weight gain during pregnancy have both greatly increased among American women.

The committee of doctors, nutrition experts, and public health researchers say that it's important for women to begin pregnancy at a healthy weight and helping women achieve these goals will require health care providers to increase the counseling they give their patients on weight, diet and exercise.

The guidelines for weight gain during pregnancy are based on a women's body mass index (BMI), a ratio of weight to height commonly used to measure obesity, prior to pregnancy. A person with a BMI of 16.5 to 18.5 is considered to be underweight. Those with a BMI of 18.5 to 25 are considered to be of normal weight. A BMI of 25 to 30 indicates a person is overweight and a person with a BMI of more than 30 is considered obese.

The IOM's new guidelines are similar to its 1990 guidelines, except now there is an upper limit on how much weight obese women should gain while pregnant. The other change is that the guidelines use more conservative BMI ranges developed by the World Health Organization and adopted by the National Heart, Lung, and Blood Institute.; the 1990 guidelines used recommendations from Metropolitan Life Insurance tables.

Here are the new guidelines for how much weight a pregnant woman should gain if she is pregnant with one child. The guidelines are higher for those having twins or other multiples:

- Underweight: Gain 28-40 pounds
- Normal Weight: Gain 25-35 pounds
- Overweight: Gain 15-25 pounds
- Obese: Gain 11-20 pounds

Guidelines are useless if women do not know about them and care providers do not follow and promote them, says the IOM. The committee called on medical professional societies, federal health agencies, and other influential groups to adopt the new guidelines and to help educate women on their importance for achieving healthy outcomes for their children and themselves.



THE BENEFITS OF QUITTING SMOKING

Smoking impacts nearly all aspects of your health and damages almost every major organ of the body. If you quit smoking, your health will improve—in as little as 20 minutes.

The younger you are when you stop smoking, the lower your rate of premature death. People who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared to those who keep smoking. Ex-smokers enjoy a higher quality of life and report feeling better. They have fewer illnesses from cold and flu viruses, and reduced rates of bronchitis and pneumonia.

Here are some of the health benefits over time:

- ✦ **20 Minutes After Quitting** Heart rate and blood pressure drops.
- ✦ **12 hours After Quitting** The carbon monoxide level in blood drops to normal.
- ✦ **Two Weeks to Three Months After Quitting** The heart attack risk begins to drop. Lung function begins to improve, which

means the risk of getting an infection is reduced.

- ✦ **One to Nine Months After Quitting** Coughing and shortness of breath decrease.
- ✦ **One Year After Quitting** The added risk of coronary heart disease is half that of a smoker's.
- ✦ **Five Years After Quitting** Stroke risk is reduced to that of a nonsmoker's five to 15 years after quitting.
- ✦ **10 Years After Quitting** The lung cancer death rate is about half that of a smoker's. The risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting The risk of coronary heart disease is the same as a nonsmoker's.

*Source:
U.S. Surgeon General's Report, 1990*



866-QUIT-YES

866-784-8937

www.quityes.org

SEPTEMBER IS GYNECOLOGICAL AWARENESS MONTH

All women are at risk for cancers affecting the reproductive organs, including cervical, ovarian, uterine, vaginal and vulvar cancers. According to the American Cancer Society, 78,490 women in the United States were diagnosed with a gynecologic cancer in 2008; 28,490 died from one of these diseases.

While gynecological cancers are prevalent, many can be prevented. It is imperative that women make regular visits to their health care providers for preventive screenings so that abnormal cells are detected before cancer develops.

In an effort to increase public awareness about gynecologic cancer, September has been declared National Gynecologic Cancer Awareness Month. This observance is intended to increase awareness of gynecologic cancers, thus enabling early detection, appropriate treatment, and a greater chance for recovery.

Below are the five main types of cancer that affect a woman's reproductive organs:

Cervical Cancer

Cervical cancer is the easiest female cancer to prevent because a screening test called the Pap test and a vaccine are available. It is also highly curable when found and treated early.

Risk factors: Infection with persistent high-risk human papillomavirus (HPV) has been shown to cause virtually all cervical cancers. However, HPV is very common and most women with HPV will never get cervical disease. Other risk factors include smoking, HIV infection, and starting to have sexual intercourse at a young age.

Screening/prevention: Getting a Pap test regularly can find precancerous cell changes that can be treated so that cervical cancer is prevented. If you are 9 years to 26 years old, you can help prevent cervical cancer by getting the HPV vaccine. It protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers.

Ovarian Cancer

Ovarian cancer usually starts on the surface of the

ovary in cells that are called epithelial cells. Eighty-five to 90 percent are epithelial ovarian cancers. This cancer is often cured when it is caught early. But most of the time, the cancer has already spread by the time it is found. Ovarian cancer causes more deaths than any other gynecologic cancer, but accounts for only about 3 percent of all cancers in women.

Risk factors: Family history is one of the most important risk factors. Older women, especially when nearing the time around menopause, are at a higher risk, as well as women that are infertile and have not had children.

Screening/prevention: Ovarian cancer cannot be prevented, but you may be able to reduce some of your chances for developing it. Studies have found that the use of a combined estrogen and progestin birth control pill for more than five years reduces a woman's risk of ovarian cancer. One study showed that the low-dose combined pills are most effective for reducing risk.

Uterine Cancer

Uterine cancer is the most common cancer of the female reproductive organs. The most frequent type of uterine cancer is also called endometrial cancer because it forms in the lining of the uterus, called the endometrium.

Risk factors: Most cases of endometrial cancer occur in women after menopause. Other risk factors include obesity, hypertension, diabetes, use of estrogen without progesterone, tamoxifen use and late menopause.

Screening/prevention: Currently there are no screening tests for endometrial cancer that are recommended on a routine basis. A woman may lower her risk by exercising regularly, eating a healthy diet and maintaining a healthy weight. Women with prolonged, heavy or unexpected bleeding during the menstruating years should have an endometrial biopsy to check for cancer.

Vaginal Cancer

Vaginal cancer is very rare. It is usually diagnosed in elderly women with abnormal bleeding.

Risk factors: HPV infection, smoking, age (60 and older), and prior treatment for cervical or vulvar cancer.

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DEPARTMENT PREPARES FOR H1N1, ASKS FOR YOUR

Influenza, or flu, can be a serious illness. Novel H1N1 influenza (formerly called swine flu) is no exception. Since April 2009, novel H1N1 has spread easily from person to person and disproportionately affected younger age groups. A number of people, many with underlying conditions, have even died from this virus.

That's why the Illinois Department of Public Health takes novel H1N1 influenza very seriously. The Department is currently taking the following actions to protect the health Illinois residents:

- Conducting influenza surveillance
- Coordinating the provision of seasonal and H1N1 vaccines
- Promoting prevention messages to limit the spread of disease in communities
- Communicating risk and disease updates

Community partners, like you, are essential to spreading accurate information throughout Illinois. Visit www.readyillinois.gov for the latest novel H1N1 influenza and vaccine information:

Preventing H1N1 or Seasonal Flu

Follow these tips to keep healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. Alcohol gel sanitizers (such as Purell®) also are effective.
- Avoid touching your eyes, nose, or mouth since germs spread that way. Avoid close contact with sick people.
- Avoid close contact with sick people.

- If you're sick, stay home and rest for at least 24 hours after fever ends.

Flu Medications

Most people do not need medicine for H1N1 and will get better on their own with rest and fluids. Keep these things in mind when thinking about taking flu medication:

- Antivirals, such as Tamiflu® or Relenza®, are not vaccines and should not be used without a doctor's guidance.
- Antibiotics are not effective against viruses.

Vaccines

Seasonal flu vaccine is now available; H1N1 vaccine distribution will be through doctors' offices, some pharmacies and workplaces, and through local health departments, beginning in mid-October. Vaccination will be initially targeted to certain groups at higher risk for serious illness due to novel H1N1 infection, including pregnant women, young children, people caring for infants less than 6 months of age, and health care workers.

Pregnancy

Pregnant women are at risk for severe illness due to influenza. Pregnant women with influenza like illness (fever of 100 degrees or greater and sore throat or cough) should seek medical attention immediately. One of the Department's high priority messages is for physicians to evaluate and treat pregnant women with influenza-like illness as soon as possible; treatment should not be withheld pending results of testing for influenza, if testing is done.



Pink Heals Tour '09 is coming to Springfield
1:30 p.m.—3:30 p.m.
Sunday, Sept. 20, 2009
Illinois State Fairgrounds — in front of the Fire Museum

Survivors — Come Sign the Pink Firetrucks

OWH SPONSORS SUPER WOMEN’S NIGHT OUT

The Office of Women’s Health (OWH) partnered with Ingall’s Wellness Center to host Super Women’s Night Out for women 18 years of age and older at the South Holland Parks and Recreation Center.

The event, which was attended by 106 women, was made possible through a grant the OWH received from the U.S. Department of Health and Human Services, Office on Women’s Health, as part of National Women’s Health Week in May.

The event consisted of five stations where women could learn about osteoporosis, risk factors for heart disease, stroke prevention, stress management and breast cancer. Women visiting the heart disease station could take Ingalls’ new “Heart Aware” risk factor quiz. Any woman with two or more risk factors was offered a free Heart Aware Risk Factor Screening to be conducted at one of four Ingalls sites. The screening consists of averaged blood pressure measurements, waist circumference, weight, body mass index calculation, and fasting lipid and glucose profile. Breakout sessions included aerobics, yoga stretch, reflexology, tai chi and a presentation on super foods.

Women were provided with a light evening meal consisting of heart-healthy super foods. They received bags containing samples and coupons for a variety of products and foods for health prevention.

Other partners in the event included: Walts Foods, Mall Walkers – River Oaks Center Steppers, FJK Produce, and Richard K. Desser, M.D., of the Breast Center.

OWH GIVES OUT GRANTS FOR WOMEN’S HEALTH WEEK

In celebration of National Women’s Health Week, the Office of Women’s Health awarded \$41,000 to 28 local health departments and community-based organizations to host women’s health events and screening events throughout Illinois.

This year’s observance, themed “It’s Your Time,” was held during the week of May 10-16, 2009, when families, communities, businesses, government, health organizations and other groups worked together to educate women about steps they can take to improve their physical and mental health and to prevent disease.

The events, which reached more than 3,700 women, addressed the following issues: access to health care; anxiety; breast and cervical cancer; cardiovascular disease; depression; diabetes; healthy lifestyle; heart disease; menopause; nutrition; obesity; osteoporosis; physical activity; stress management; sexual health; and stroke.

National Women’s Health Week empowers women across the country to get healthy by taking action. The nationwide initiative, coordinated by the U.S. Department of Health and Human Services’ Office of Women’s Health, encourages women to make their health a top priority and to take simple steps for a longer, healthier and happier life.

Healthy Woman

Lupus, continued from Page 3

- Eat a balanced, healthful diet. During a lupus flare, individuals may have a poor appetite and may want to take a multivitamin or a nutritional supplement. For individuals whose kidneys are affected by lupus, they may need to follow a special, low protein. A daily dose of folic acid can help lower levels of a chemical called homocysteine. High levels of homocysteine, which have been associated with heart problems, have been found in people with lupus. Folic acid also can help to reduce side effects associated with methotrexate (one of the medications that can be prescribed for lupus).
- Exercise daily in order to maintain strength, mobility and energy levels. Even during a flare, gentle range-of-motion movements can keep them from feeling stiff.
- Avoid alcohol, especially if on any medications, such as methotrexate, that increase the risk of liver damage.
- Seek support from family, friends and doctors; and join a support group. Emotional problems often go along with having a chronic disease. Talking about fears, anger and depression usually helps. At some point, it may be helpful to seek professional counseling.

PREGNANCY AND LUPUS

Pregnancy may present special problems for women with lupus. Because of disease activity and medication use, patients may have irregular periods, making it more difficult to get pregnant. Once women become pregnant, their chances of having a miscarriage or premature birth are higher compared with otherwise healthy women. Among the many autoantibodies that people with lupus carry, some have antiphospholipid antibodies, which are associated with an increased risk of blood clots. These antibodies can affect the placenta and lead to recurrent miscarriages.

The best chance of having an uncomplicated pregnancy and healthy baby is to wait to get pregnant until the disease has been in complete clinical remission for six to 12 months. Careful pregnancy planning with a doctor is the most important step toward having a happy, healthy baby.

STATISTICS

- More than 16,000 Americans develop lupus each year.
- More than 90 percent of people with lupus are women between the ages of 15 and 45.
- Lupus strikes adult women 10 to 15 times more frequently than adult men.

- Only 10 percent of people with lupus will have a close relative (parent or sibling) who already has or may develop lupus.
- Only about 5 percent of the children born to individuals with lupus will develop the illness.

SOURCES

The Arthritis Foundation
800-283-7800
www.arthritis.org

Lupus Foundation of America Inc.
202-349-1155
www.lupus.org

U.S. Department of Health and Human Services
800-994-9662
<http://www.couldihavelupus.gov/>

Gynecological Cancer, continued from Page 6

Screening/prevention: Many precancerous conditions can be detected through routine pelvic exams and Pap tests. Because the cervical cancer vaccine offers protection against many HPV types, vaccination may reduce the risk of vaginal cancer.

Vulvar Cancer

Vulvar cancer is a very uncommon but very curable disease. It is usually diagnosed in the early stages and treated surgically.

Risk factors: HPV infection is a common cause of vulvar cancer in young women. In older women it is associated with chronic vulvar irritation from any source.

Screening/prevention: HPV vaccination may reduce the risk. Yearly pelvic exam and self-examination for any changes also will lead to early detection.

Sources: U.S. Centers for Disease Control and Prevention, Gynecological Cancer Foundation

Conference, continued from Page 1

and ovaries after a positive genetic test reveals that she likely will develop cancer. Rudnick balances her dreams of having her own children with the unnerving reality that she is risking her life by holding on to her fertility. Turning the camera on herself, she bares her conflicting emotions about preventive surgery and the potential consequences. Turning the camera on her new relationship, she and her partner capture a young couple falling in love in the shadow of the mutation. Turning the camera on the company that owns the patents to the genes, she questions their control over access to the test. Along the way, she looks to other women and families dealing with the same unbelievable information.

In addition, the conference will offer presentations and discussions on a variety of topics including autoimmune diseases, breast cancer, cardiovascular disease, chronic disease, nutrition, obesity, sexuality, smoking cessation and stress. Zumba will return this year; yoga also will be offered.

Also returning this year will be Barb Bancroft, a widely acclaimed national speaker, noted for her humorous, entertaining and informative seminars. Bancroft is the author of "Medical Minutiae" and "Live a Little, Laugh a Lot."

The annual meetings for Women's Health Initiative grantees and WISEWOMAN program participants will be held on the second day of the conference. For those not attending the meetings, a pre-conference workshop on grant writing will be held.

Online registration is available at www.ipha.com or www.idph.state.il.us/about/womenshealth/events.htm. Please call the Office of Women's Health at 217-524-6088 if you would like to be included on the conference mailing list.



2009
Illinois Women's Health
Conference

SAVE the DATE!

October 28-29, 2009

Sponsored by:
Illinois Department of Public Health
Office of Women's Health
Pat Quinn, Governor • Damon T. Arnold, M.D., Director

Co-sponsored by:
Illinois Public Health Association

Registration brochure will be available on IPHA's
Web site at www.ipha.com on July 30, 2009.
Hard copies will be mailed thereafter.

Oak Brook Hills Marriott Resort
3500 Midwest Road, Oak Brook, Illinois 60523
2009 Room Rate: Standard Single/Double - \$109 per night plus tax
Reservation Lines: 800-228-9290 or 630-850-5555
Cut-off date: Monday, October 5, 2009



Dr. James M. Galloway



Dr. Pamela Peeke

Fiscal Year 2010 Women's Health Initiative Grant Award Recipients

- Advocate Good Samaritan Health and Wellness Center, Downers Grove, Heart Smart for Women, \$32,000
- Bond County Health Department, Greenville, Osteoporosis Prevention for Teens, \$9,500
- Bureau County Health Department, Princeton, Heart Smart for Teens, \$18,000
- Calhoun County Health Department, Hardin, Heart Smart for Women, \$9,500
- Champaign-Urbana Public Health Department, Champaign, Osteoporosis Prevention for Teens, \$23,000
- CJE Senior Life, Chicago, Building Better Bones, \$26,500
- Coalition of Limited English Speaking Elderly, Chicago, Understanding Menopause, \$27,000
- Community Health Partnership of Illinois, Chicago, Understanding Menopause, \$22,000
- Crawford County Health Department, Robinson, Jump Girl Jump, \$14,000
- Decatur Memorial Hospital, Decatur, Osteoporosis Prevention for Teens, \$11,000
- DeWitt-Piatt Bi-County Health Department, Clinton, Heart Smart for Teens, \$25,000
- East Side Health District, East St. Louis, Heart Smart for Teens, \$25,000
- Essential Elements of Health, Oak Park, Jump Girl Jump, \$18,000
- Fayette County Health Department, Vandalia, Heart Smart for Women, \$15,000
- Ford-Iroquois Public Health District, Watseka, Heart Smart for Teens, \$15,000
- Fulton County Health Department, Canton, Building Better Bones, \$17,000
- Hancock County Health Department, Carthage, Understanding Menopause, \$12,000
- Hanul Family Alliance, Chicago, Building Better Bones, \$22,000
- Henderson County Health Department, Gladstone, Jump Girl Jump, \$14,000
- Henry County Health Department, Kewanee, Heart Smart for Women, \$18,000
- Housing Opportunities for Women, Chicago, Life Smart for Women, \$10,000
- Ingalls Memorial Hospital, Homewood, Heart Smart for Women, \$22,000
- Jasper County Health Department, Newton, Osteoporosis Prevention for Teens, \$13,000
- Korean American Community Services, Chicago, Building Better Bones, \$27,000
- Logan County Health Department, Lincoln, Heart Smart for Teens, \$16,000
- Macoupin County Health Department, Carlinville, Heart Smart for Teens, \$24,000
- Madison County Health Department, Wood River, Heart Smart for Teens, \$30,000
- Marshall County Health Department, Lacon, Building Better Bones, \$11,000
- Maywood Fine Arts Association, Maywood, Heart Smart for Teens, \$20,000
- McHenry County Health Department, Woodstock, Heart Smart for Women, \$21,000.
- McLean County Health Department, Bloomington, Heart Smart for Teens, \$27,000
- Menard County Health Department, Petersburg, Building Better Bones, \$5,500
- Mercer County Health Department, Aledo, Heart Smart for Teens, \$20,000
- Ogle County Health Department, Oregon, Heart Smart for Women, \$16,000
- Peoria City County Health Department, Peoria, Building Better Bones, \$19,000
- Perry County Health Department, Pickneyville, Heart Smart for Teens, \$8,000
- Provena St. Joseph Medical Center, Joliet, Heart Smart for Women, \$25,000
- Providence Development NFP, Chicago, Heart Smart for Women, \$22,000
- Research and Education Foundation of the Michael Reese Medical Staff, Chicago, Building Better Bones, \$25,000
- Richland Memorial Hospital, Olney, Life Smart for Women, \$15,000
- Rock Island County Health Department, Rock Island, Jump Girl Jump, \$20,000
- Rush-Copley Foundation, Aurora, Heart Smart for Women, \$25,000
- Sangamon County Health Department, Springfield, Jump Girl Jump, \$17,000
- Sarah Bush Lincoln Health Center, Mattoon, Heart Smart for Teens, \$25,000
- Senior Services Plus, Alton, Life Smart for Women, \$17,000
- Sinai Community Institute, Understanding Menopause, \$22,000
- Southern Illinois University School of Medicine, Carbondale, Heart Smart for Teens, \$25,000
- Southern Seven Health Department, Ullin, Heart Smart for Women, \$16,000
- St. Clair County Health Department, Belleville, Life Smart for Women, \$25,000
- Swedish Covenant Hospital, Chicago, Heart Smart for Women, \$20,000
- Wabash County Health Department, Mt. Carmel, Heart Smart for Teens, \$23,000
- Warren County Health Department, Monmouth, Jump Girl Jump, \$20,000
- Washington County Health Department, Nashville, Osteoporosis Prevention for Teens, \$13,000
- Western Illinois University, Macomb, Heart Smart for Women, \$16,500
- White Crane Wellness Center, Chicago, Building Better Bones, \$30,000
- Whiteside County Health Department, Rock Falls, Heart Smart for Teens, \$18,000
- YMCA of McDonough County, Macomb, Building Better Bones, \$18,000

Health and Wellness Fair Held in East St. Louis

The Illinois Department of Public Health, along with the Delta Sigma Theta Sorority, the American Heart Association and St. Louis University Cancer Center, hosted the East St. Louis City-Wide Day of Health and Wellness in June at the Jackie Joyner Kersee Center.

The purpose of the event was to make African-American women more aware of the dangers of cardiovascular disease, the leading killer of women in Illinois and in the United States.

Approximately 300 women attended the half-day event, which included plenary as well as concurrent session speakers, heart health exhibitors and screenings such as blood pressure, waist circumference, fasting cholesterol and glucose, stress screenings, as well as the opportunity to receive a body fat analysis. In addition, the event included a mass aerobics class and CPR classes.

Funding for the event came from a competitive grant awarded to the Department by the U.S. Centers for Disease Control and Prevention.



A member of the East St. Louis Alumnae chapter of Delta Sigma Theta Sorority is all smiles as she assists with the East St. Louis City-Wide Day of Health and Wellness.



Alvin L. Parks, mayor of the city of East St. Louis, proclaims June 6, 2009, as East St. Louis City-Wide Day of Health and Wellness. Regina Greet, president of East St. Louis Alumnae chapter of Delta Sigma Theta Sorority, assists in holding the plaque.

EVENTS CALENDAR:

- September** – Gynecological Cancer Awareness Month
- Ovarian Cancer Awareness Month
- October** – National Breast Cancer Awareness Month
- October 16** — National Mammography Day
- October 20** — World Osteoporosis Day
- October 28 and 29** — Women's Health Conference

Healthy Woman newsletter is published semiannually by the Illinois Department of Public Health. Story ideas, suggestions and comments are welcome and should be forwarded to Tammy Leonard, Illinois Department of Public Health, Office of Women's Health, 535 W. Jefferson St., First Floor, Springfield, IL, 62761; or call 217-524-6088.

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