



Healthy Woman

News from the Office of Women's Health

Spring 2013

ILLINOIS DEPARTMENT OF PUBLIC HEALTH

PAT QUINN, GOVERNOR

AMERICAN CANCER SOCIETY NEEDS YOUR HELP WITH STUDY

If you were told there was a way you could personally do something to help prevent people from getting cancer, would you do it? The American Cancer Society (ACS) is hoping you will.

ACS is conducting a \$25 million [Cancer Prevention Study-3](#) (CPS-3) to help better understand the lifestyle, environmental and genetic factors that cause or prevent cancer and to ultimately eliminate cancer as a major health problem. ACS is hoping to enroll a geographically and racially/ethnically diverse group of 300,000 adult men and women who will be followed over the next 20 to 30 years.

Dr. LaMar Hasbrouck, director of the Illinois Department of Public Health, will help kick off enrollment in Springfield when he speaks May 1 at the "Suits and Sneakers and Cancer Prevention Study 3" event at the Capitol. The goal of the event is to encourage everyone that works in or near the Capitol complex, including members of the General Assembly, to enroll in the study. Enrollment will take place from noon to 5 p.m. in Room A1 of the Stratton Building following the press event. *(See Page 5 for information regarding enrollment in Springfield and other regions of Illinois.)*

The study is open to anyone who:

- Is willing to make a long-term commitment to the study, which means completing periodic follow-up surveys at home for the next 20 to 30 years.
- Is between 30 and 65 years old.
- Has never been diagnosed with cancer (not including basal or squamous cell skin cancer).

Those who do not meet the eligibility requirements are encouraged to participate by spreading the word about the study.

To participate, first schedule an appointment at www.cps3illinois.org. Participants will receive instructions on how to complete the first, most comprehensive survey online. The survey will take approximately 30-45 minutes to complete and includes questions about medications the participant is taking, their family history of cancer, lifestyle

(continued on Page 5)

CASS COUNTY TO HOST WOMEN'S HEALTH WEEK EVENT

The Illinois Office of Women's Health (OWH) has been awarded funds from the federal Office on Women's Health to host three events during National Women's Health Week, which will be observed May 12 through May 18, 2013.

The OWH is working with the Cass County Health Department in hosting these events, which will be offered in English, Spanish and French. Program participants will be provided with information on healthy lifestyle, preventive services and useful women's health resources in central Illinois.

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health and its importance. It also empowers women to make their health a priority and encourages them to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet

National Women's Checkup Day, which is May 13, is dedicated to encouraging women to visit their health care professionals to receive or schedule checkups, and to promoting regular checkups vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections, and other conditions.

Women are asked to pledge to:

- Visit their current health care professional to receive a checkup or call to schedule a checkup.

(continued on Page 7)

MENOPAUSE: AN OVERVIEW

Menopause is the point in time when a woman's menstrual periods stop. The years leading up to a woman's last period is called perimenopause.

Perimenopause is a natural process in which the ovaries produce less and less female hormones, and periods gradually disappear. Periods can stop for a while and then start again, so a woman is considered to have been through menopause only after a full year without periods. (There also cannot be some other reason for the periods stopping like being sick or pregnant.) After menopause, a woman no longer can get pregnant.

The average age of menopause is 51, but for some women it happens in their 40s or later in their 50s. Sometimes called “the change of life,” menopause is a normal part of life.

SIGNS AND SYMPTOMS

During perimenopause a woman will have changes in her levels of estrogen and progesterone, two female hormones made in the ovaries. These changes may lead to symptoms like hot flashes. Some symptoms can last for months or years after a woman's period stops.

There is no way to tell in advance how long the process will take. It could take between two and eight years.

Menopause affects every woman differently. Some women have no symptoms, but some women have changes in several areas of their lives. It's not always possible to tell if these changes are related to aging, menopause, or both.

Some changes that might start in the years around menopause include:

- **Irregular periods.** Your periods can come more often or less, last more days or fewer, and be lighter or heavier. Do not assume that missing a couple of periods means you are beginning the menopausal transition. Check with your doctor to see if you are pregnant or if there is another medical cause for your missed periods. Also, if you have not had a period for a year and start “spotting,” see your doctor.
- **Hot flashes.** These are a sudden feeling of heat in the upper part or all of your body. Your face and neck may become red. Red blotches may appear on your chest, back and arms. Heavy sweating and cold shivering can follow.

(continued on Page 3)

Cancer is a word we hear too often. Almost everyone knows someone who has or has had cancer. Too many of us have lost loved ones to this disease.

If I told you there was a way that you could help fight back against cancer, would you do it? If your answer is yes, then please participate in the American Cancer Society's Cancer Prevention Study-3 (CPS-3).

The ultimate goal of CPS-3 is to enroll men and women from various racial/ethnic backgrounds from across the United States to participate in a study that will help researchers better understand the lifestyle, environmental and genetic factors that cause or prevent cancer and will save lives.

If you are willing to make a long-term commitment to the study (which involves completing surveys at home periodically over the next 20-30 years), are between the ages of 30 and 65 years old, and have never been diagnosed with cancer, then you are eligible to enroll in this important study.

Visit www.cps3illinois.org to learn more and schedule your enrollment appointment.

Even if you don't meet the eligibility requirements, please tell everyone you know about this opportunity.

Sincerely,



Brenda Jones
Deputy Director, Office of Women's Health

- **Trouble sleeping.** You may find it hard to sleep through the night. You may have night sweats, which are hot flashes that make you perspire while you sleep. You also may feel extra tired during the day.

- **Vaginal and urinary problems.** These problems may start or increase in the time around menopause. The walls of your vagina may get drier and thinner because of lower levels of the hormone **estrogen**. Estrogen also helps protect the health of your bladder and urethra, the tube that empties your urine. With less estrogen, sex may become less comfortable. You also could have more vaginal infections or urinary tract infections. Some women find it hard to hold their urine long enough to get to the bathroom (which is called urinary urge incontinence). Urine also might leak out when you sneeze, cough or laugh (called urinary stress incontinence).

- **Mood changes.** You could have mood swings, feel crabby, or have crying spells. If you had mood swings before your monthly periods or if you had depression after giving birth, you may have more mood issues around the time of menopause. Mood changes at this time also could be coming from stress, family changes, or feeling tired. Mood swings are not the same as **depression**.

- **Changing feelings about sex.** Some women feel less aroused, while others feel more comfortable with their sexuality after menopause. Some women may be less interested in sex because sex can be more physically uncomfortable.

- **Other changes.** You might become forgetful or have trouble focusing. Your waist could become larger. You could lose muscle and gain fat. Your joints and muscles also could feel stiff and achy. Experts do not know if some of these changes are a result of the lower estrogen levels of menopause or are a result of growing older.

MANAGING MENOPAUSE SYMPTOMS

It is not necessary to get treatment for your symptoms unless they are bothering

you. You can learn about simple lifestyle changes that may help with symptoms, and some symptoms will go away on their own.

Here are some ways to deal with symptoms:

Hot flashes

- Try to avoid things that may trigger hot flashes, like spicy foods, alcohol, caffeine, stress, or being in a hot place.
- Dress in layers, and remove some when you feel a flash starting.
- Use a fan in your home or workplace.
- Try taking slow, deep breaths when a hot flash starts.
- If you still get periods, ask your doctor about low-dose oral contraceptives (birth control pills), which may help. Some women can take menopausal hormone therapy (MHT), which can be very effective in treating hot flashes and night sweats.
- If MHT is not an option, your doctor may prescribe medications that usually are used for other conditions, like epilepsy, depression, and high blood pressure, but that have been shown to help with hot flashes.

Vaginal dryness

- A water-based, over-the-counter vaginal lubricant can help make sex more comfortable.
- An over-the-counter vaginal moisturizer like Replens can help keep needed moisture in your vagina.
- The most effective treatment may be MHT if the dryness is severe. But if dryness is the only reason for considering MHT, vaginal estrogen products like creams generally are a better choice.

Problems sleeping

- Be physically active (but not too close to bedtime, since exercise might make you more awake).
- Avoid large meals, smoking, and working right before bed.
- Avoid caffeine after noon.
- Keep your bedroom dark, quiet and cool.
- Use your bedroom only for sleep and sex.
- Avoid napping during the day.
- Try to go to bed and get up at the same times every day.

- If you can't get to sleep, get up and read until you're tired. If hot flashes are the cause of sleep problems, treating the hot flashes usually will help.

Mood swings

- Try getting enough sleep and staying physically active to feel your best.
- Learn ways to deal with stress. Our fact sheet on "**Stress and your health**" has helpful tips.
- Talk to your doctor to see if you may have depression, which is a serious illness.
- Consider seeing a therapist or joining a support group.
- If you are using MHT for hot flashes or another menopause symptom, your mood swings may get better too.

Memory problems

- Getting enough sleep and keeping physically active may help.
- If forgetfulness or other mental problems are affecting your daily life, see your doctor.

Urinary incontinence

- Ask your doctor about treatments, including medicines, behavioral changes, certain devices, and surgery.

MENOPAUSE AND YOUR HEALTH

Changes in your body in the years around menopause increase your chances of heart disease and osteoporosis.

Heart disease: After menopause, women are more likely to have heart disease. Changes in estrogen levels may be part of the cause, but so is getting older. That's because as you get older, you may gain weight and develop other health problems that increase your risk of cardiovascular disease (CVD). Ask your doctor about important tests like those for cholesterol and high blood pressure. Discuss ways to prevent CVD. The following lifestyle changes also can help prevent CVD:

- Not smoking and avoiding second-hand smoke
- Exercising
- Following a healthy diet

Osteoporosis: Lower estrogen around the time of menopause leads to bone loss in women. Bone loss can cause bones to weaken, which can cause bones to break

(continued on Page 4)

more easily. When bones weaken a lot, the condition is called osteoporosis.

To keep your bones strong, women need weight-bearing exercise, such as walking, climbing stairs, or using weights. You also can protect bone health by eating foods rich in calcium and vitamin D, or if needed, taking calcium and vitamin D supplements. Not smoking also helps protect your bones.

Ask your doctor if you need a bone density test. Your doctor also can suggest ways to prevent or treat osteoporosis.

BUILD YOUR HEALTH

• Eat well.

- Older people need just as many nutrients but tend to need fewer calories for energy. Make sure you have a balanced diet.
- Women older than 50 need 2.4 micrograms (mcg) of vitamin B₁₂ and 1.5 milligrams of vitamin B₆ each day. Ask your doctor if you need a vitamin supplement.
- After menopause, a woman's calcium needs go up to maintain bone health. Women 51 and older should get 1,200 milligrams (mg) of calcium each day. Vitamin D also is important to bone health. Women 51 to 70 should get 600 international units (IU) of vitamin D each day. Women ages 71 and older need 800 IU of vitamin D each day.
- Women past menopause who are still having vaginal bleeding because they are using [menopausal hormone therapy](#) might need extra iron.

• **Be active.** Exercise can help your bones, heart, mood, and more. Ask your doctor about what activities are right for you. Aim to do:

- At least two hours and 30 minutes a week of moderate aerobic physical activity **or** one hour and 15 minutes of vigorous aerobic activity **or** some combination of the two
- Exercises that build muscle strength on two days each week

• **Quit smoking.** Smoking hurts your health in many ways, including by damaging your bones. Stay away from secondhand smoke and [get help quitting](#) if you need it.

• **Take care of your gynecological health.** You will still need certain tests like a pelvic exam after menopause. Most women need a Pap test every three years. Depending on your health history, you may need a Pap test more often, so check with your doctor. Also, remember to ask how often you need mammograms (breast x-rays). In addition to gynecologists, your internist or family physician can do many gynecological screenings. You also may need to see a specialist for some specific problems, like a urogynecologist for urinary incontinence.

- **Ask your doctor about immunizations and screenings.** Discuss blood pressure, bone density, and other tests. Find out about flu and other shots.

MENOPAUSAL HORMONE THERAPY (MHT)

MHT, which used to be called hormone replacement therapy (HRT), involves taking the hormones estrogen and progesterone. (Women who do not have a uterus anymore take just estrogen). MHT can be very good at relieving moderate to severe menopausal symptoms and preventing bone loss. But MHT also has some risks, especially if used for a long time.

MHT can help with menopause by:

- Reducing hot flashes and night sweats, and related problems such as poor sleep and irritability
- Treating vaginal symptoms, such as dryness and discomfort, and related problems, such as pain during sex
- Slowing bone loss
- Possibly easing mood swings and mild depressive mood

For some women, MHT may increase their chance of:

- Blood clots
- Heart attack
- Stroke
- Breast cancer
- Gall bladder disease

If you're interested in medical treatments like [menopausal hormone therapy](#) (MHT), ask your doctor about the possible risks and benefits.

Some women should not take MHT, including those who:

- Think they are pregnant
- Have problems with undiagnosed vaginal bleeding
- Have had certain kinds of cancers (such as breast or uterine cancer)
- Have had a stroke or heart attack
- Have had blood clots
- Have liver disease
- Have heart disease

For those who do take MHT, experts recommend taking the lowest dose possible and using it for the shortest time needed.

Sources:

U.S. Department of Health and Human Services' Office on Women's Health

<http://www.womenshealth.gov/menopause/index.html>

Illinois Department of Public Health, Office of Women's Health

<http://www.idph.state.il.us/about/womenshealth/factsheets/meno.htm>

Healthy Woman

Cancer Prevention Study-3, continued from Page 1

and other behaviors. All of the data are kept confidential.

The onsite enrollment will take approximately 20 to 30 minutes and will involve: completing a short survey packet, signing a consent form, providing a waist circumference measurement, and providing a small blood sample. Following enrollment, participants will receive mailed surveys at home every one to three years to update their information.

Appointments for enrollment events can be made online at <http://www.cps3illinois.org>, or by calling 888-604-5888. More information is available at www.cancer.org/cps3.

The study, which began in 2008 and is on track to enroll 300,000 people nationwide by the end of 2013, is just the latest study by the ACS. The Hammond and Horn study in the early 1950s, and [Cancer Prevention Study-1](#), which took place from 1959 to 1972 and involved 1 million people, were among the first major studies to document higher rates of lung cancer-related deaths among smokers. The studies also confirmed links between second-hand smoke and both lung cancer and heart disease.

Cancer Prevention Study-2, which enrolled 1.2 million people, began in 1982 and is still going on. It was the first large study to document how excess weight and obesity shorten life spans and increase a person's risk of dying from cancer.

Enrollment began in the western suburbs in April and will continue throughout the state.

Locations and dates include:

- Springfield May 1, and from May 14-May 22
- Northern Chicago suburbs, June 18-28
- Decatur/Macon County, July 13 and July 17-19
- Champaign/Danville /Effingham (July)
- Chicago Metro (July/August)
- Tinley Park/Joliet (September)
- Aurora/Naperville (September)
- Marion/Maryville (September)
- Peoria/Bloomington (September)
- Rockford (October)

OWH CONFERENCE GETS WOMEN MOVING

More than 300 women attended the 14th annual Women's Health Conference held in December 2012. The two-day conference included sessions on a variety of topics, including cancer; depression; diabetes; cardiovascular disease; post-menstrual bone loss; headaches; chiropractic and acupuncture treatments; sexual dysfunction; and complementary and alternative medicines.

Co-sponsored by the Illinois Department of Public Health's Office of Women's Health and the Illinois Public Health Association, the conference is one of the most prestigious conferences about women's health held in Illinois.

One of the highlights of the conference was a session with Robert Sweetgall, who has walked across America seven times; walked 11,208 miles through all 50 states in one year; authored and co-authored 17 books on walking, wellness and active living; and helped more than 5,000 schools, corporations, hospitals and communities to implement wellness programs of all types.

Sweetgall had participants tossing Frisbees to each other and then had them dancing and running around the room. In the evening, he held a hands-on clinic on Nordic walking and made himself available throughout the conference to give participants one-on-one instruction. Attendees learned state-of-the-art Nordic walking. This type of walking reduces impact stress on the hips, knees, ankles and feet.

Other exciting sessions included Dr. Karen Kim's discussion on balancing work and life issues and Julia Pewitt Kinder's presentation on how to lose belly fat. Pewitt also had the audience on their feet as she demonstrated ways to fit in activity throughout the day. After the conference, she gave personal instruction on how to "hover" or get in the plank position.

This year's conference will be held Dec. 4 and 5 at the Springfield Hilton Hotel. Be sure to check the Office of Women's Health website (www.idph.state.il.us/about/womenshealth/owh.htm) for more information.

(See pages 8 and 9 for pictures of the conference.)

VETERINARIANS JOIN THE FIGHT AGAINST OVARIAN CANCER

In the fight against ovarian cancer, the Ovarian Cancer Symptom Awareness Organization (OSCA) is hoping that veterinarians can help save the lives of their clients' owners.

The OSCA, in partnership with the Illinois State Veterinary Medical Association (ISVMA), gathered in January to launch the OSCA Veterinary Outreach Program (VOP). With strong engagement and support from the Illinois Department of Public Health, the VOP is a first-ever collaboration with veterinarians that is designed to open new channels of communication and raise awareness about the silent and often-ignored symptoms of ovarian cancer.

The mission of this innovative program is "fighting ovarian cancer with animal passion."

Veterinary clinics who become members of the VOP will be provided with OSCA pamphlets that will be displayed in their clinics. The VOP makes it possible to educate veterinarians in both urban and rural areas about ovarian cancer, its symptoms, and ways to address potential client concerns.

According to the American Veterinary Medical Association (AVMA), more than 80 percent of veterinarians graduating today are female. The VOP increases the possibility of a personal connection to the disease and a viable tie to the purpose of this program. In short, the program is about awareness of ovarian cancer and its silent symptoms. The collaboration and exchange of information can ultimately help save lives.

The announcement was held at Gateway Veterinary Clinic in St. Charles to recognize Kurt Klepitsch, DVM, the clinic owner, as the first official VOP partner. Dr. Brenda L. Jones, deputy director of the Illinois Department of Public Health's Office on Women's Health, delivered a letter on behalf of Governor Pat Quinn to offer his support and encouragement to move the program forward.

More than 45 people attended the launch, which featured a ribbon cutting with Alyssa Paulsen, the [Miss USA Ambassador 2012](#), as well as remarks from the following community, government and industry leaders.

"This event marks the beginning of an alliance that will ultimately boost all of our abilities to educate women and their families about the silent symptoms of ovarian cancer. We look forward to working as a team to raise awareness so early detection is commonplace, and to ultimately help save lives," said Vallie Szymanski, co-founder and executive director of OSCA.

The VOP has already begun spreading throughout Illinois with several other clinics requesting to join the fight against ovarian cancer. Those clinics include:

- Loving Care Animal Clinic, Rolling Meadows
- Capital Illini Veterinary Services, Springfield
- Elmhurst Animal Care Center, Elmhurst
- Prairie State Veterinary Clinic, Orland Park
- Maple Ridge Veterinary Clinic, Geneseo
- Wright Animal Hospital, Des Plaines



Ribbon Cutting- (From left to right) [Miss USA Ambassador 2012](#), Alyssa Paulsen; Dr. Roger Mahr, DVM, One Health Commission; Peter Weber, executive director of the Illinois State Veterinary Medical Association; Vallie Szymanski, co-founder and executive director of Ovarian Cancer Symptom Awareness Organization ; Linda Cohen Wassong, founder of The Puccini Foundation; Dr. Kurt Klepitsch, DVM, owner of Gateway Veterinary Clinic; and Dr. Brenda L. Jones, deputy director, Office of Women's Health, Illinois Department of Public Health.

Credit: Brigid Gallagher Photography

OVARIAN CANCER INFORMATION

Possible Symptoms and Signs of Ovarian Cancer

- Bloating
- Pelvic or abdominal pain
- Feeling full quickly
- Urinary problems

Many women show signs of some or all of these symptoms as a result of every day experiences. It is important to understand that, experienced on an ongoing basis, these may be signs of illness up to and including ovarian cancer. It is imperative that you have open communication with your doctor about any of these symptoms as well as others, to determine the severity.

Ovarian Cancer Facts

- There are more than 30 types of ovarian cancer.
- Genetic or hereditary causes of ovarian cancer account for only 10 percent of the estimated 23,400 cases of ovarian cancer diagnosed each year in the United States. The cause or causes of the other 90 percent are unknown.
- Ovarian Cancer is primarily a disease of middle and upper class women from highly industrialized countries, with the exception of Japan, and is relative to a high-fat, low-fiber diet.
- The use of oral contraceptives results in a 40 percent to 50 percent decrease in the risk of ovarian cancer.
- In the 2003 Women's Health Initiative trial on combined hormone replacement therapy (HRT), there was no statistical increase in ovarian cancer in women on HRT.
- Pelvic exams, the CA-125 blood test and pelvic ultrasounds are three methods of diagnosing ovarian cancer in women with symptoms suggesting the disease. None of these tests are foolproof when used alone; when used together, however, they can be very helpful in diagnosing ovarian cancer in its earliest stage. In fact, CA-125 levels are elevated in 50 percent of Stage 1 ovarian cancer patients.
- There are many ways to reduce the risk of developing ovarian cancer. Anything that inhibits a woman from ovulating every month, such as birth control pills, significantly reduces the risk of ovarian cancer.
- Total hysterectomy refers to the removal of the uterus and the cervix; it does not refer to the removal of the ovaries. Total hysterectomy and bilateral salpingo-oophorectomy refer to removal of the uterus, fallopian tubes and ovaries.
- Some cases of Stage 1 ovarian cancer do not require chemotherapy and have a long-term cure rate of more than 95 percent with treatment limited to surgery.
- The average survival for women with advance stage ovarian cancer in the last 15 years has gone from one year to more than three years. It is true that among women followed for five and 10 years after treatment, the number actually cured of the disease is very small. However, it appears that some 8 percent to 15 percent of patients, even those with very advanced ovarian cancer, eventually may be cured of the disease.
- Advances in therapy and improvements in understanding how and when to deliver which treatment have enabled oncologists to treat ovarian cancer like a chronic disease in some women. By care and knowledgeable selection of which treatment is most appropriate for an individual, recurrent ovarian cancer can be treated. Cure may not be the goal of treatment, thought it is possible to extend survival and preserve a good quality of life during treatment.

Source: Ovarian Cancer Symptoms Awareness Organization

National Women's Health Week, continued from Page 1

- Discuss with their health care professional which screenings and tests they need and when and how often they are needed.
- Use the [interactive screening chart](#) to learn what screenings are needed and at what age.
- Schedule at least one preventive health screening during May 2013.

Regular checkups provide a number of benefits to women. For example, screening tests, such as mammograms and Pap tests, can find diseases early, when they are easier to treat. Some women need certain screening tests earlier or more often than other women do. Screenings and routine care also can help women lower their risks of many health conditions, including heart disease.

Take the [Checkup Day Pledge](#), or for more information about National Women's Checkup Day and National Women's Health Week, visit womenshealth.gov/nwhw/ or call 800-994-9662.

Healthy Woman



Healthy Woman



OWH HAS STATE EMPLOYEES SEEING RED

In recognition of American Heart Month, the Office of Women’s Health helped conduct a couple of events for Illinois Department of Public Health employees in Springfield.

On Feb. 1, National Wear Red Day, employees were encouraged to wear red and OWH staff supplied red dress pins. Red light bulbs also were added to the buildings at 525 and 535 W. Jefferson St. in Springfield. Other prominent Springfield buildings that went red for the occasion were St. John’s Hospital and the Illinois State Museum.

The OWH, along with the Department’s Office of Health Promotion, also provided more than 150 free blood pressure screenings to Department employees in Springfield and Chicago during the month of February.

Heart disease, the No. 1 killer of women, is the cause of one in three women’s deaths each year, killing approximately one woman every minute. According to the Illinois Behavioral Risk Factor Surveillance System (BRFSS), 12,368 deaths of Illinois women in 2009 were due to diseases of the heart.

Despite these statistics and the fact that heart disease kills more women than men, only 24 percent of participants in heart-related studies are women. Women are less likely to seek treatment, less likely to receive needed therapies, and more likely to be charged higher health care premiums than men.

The Go Red For Women campaign works to gain equal support for women in the study, prevention and treatment of heart disease. The movement urges everyone to support the fight against heart disease by wearing red on National Wear Red Day. The color red and the red dress now stand for the ability all women have to improve their heart health and live stronger, healthier lives. Each year, thousands of men and women wear red and **GO RED** to fight heart disease on this day.



Office of Women’s Health Springfield employees GO RED for American Heart Month.



Angela Hamm, of the Office of Women’s Health, takes the blood pressure of an Illinois Department of Public Health employee.

EVENTS CALENDAR:

May — National Lupus Awareness Month
National Osteoporosis Awareness and Prevention Month
May 10 — World Lupus Day
May 12-18 — National Women’s Health Week
May 13 — National Women’s Checkup Day
June 27 — National HIV Testing Day
August — National Breastfeeding Month
September — Ovarian Cancer Awareness Month
September 25 — National Women’s Health & Fitness Day
October — National Breast Cancer Awareness Month
December 4-5 — 15th Annual Women’s Health Conference

SAVE THE DATE

*15th Annual
Women’s Health Conference
Dec. 4-5, 2013
Springfield Hilton Hotel*

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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Women’s Health-Line
888-522-1282

If you have health-related questions or concerns, the health-line staff will help you find the answers. You may call the toll-free number weekdays from 8 a.m. to 4:30p.m. After hours, calls are recorded on voice mail and responded to during the next work-day. Always completely confidential and free of charge, the Women’s Health-Line is one resource for all women in Illinois. The Women’s Health-Line can help you find:

- the answer to a question about a women’s health issue
- the nearest clinic offering mammography through the Illinois Breast and Cervical Cancer Program
- information about sexually transmitted diseases in women
- where to take your adolescent child for therapy for an eating disorder
- a supply of brochures or fact sheets about healthy lifestyles

