

Women, Menopause, and Reproductive Health

Satellite Conference and Live Webcast
Wednesday, May 16, 2012
2:00 – 4:00 p.m. Central Time

Produced by the Alabama Department of Public Health
Video Communications and Distance Learning Division

Faculty

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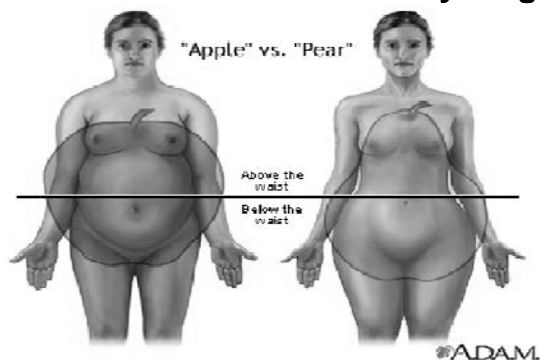
A Medical Perspective on Menopausal Issues in Women

- Nurses, social workers, and dietitians will be able to:
 - Provide a medical perspective on menopausal issues in women
 - Discuss the physical, emotional, and psychological occurrences during the different stages of menopause

A Medical Perspective on Menopausal Issues in Women

- Explain treatment options that are available to assist women who are experiencing menopause

I Used to Be Able to Eat Anything



Metabolic Syndrome

Metabolic syndrome (Syndrome X)

- Central obesity
- High blood pressure
- High triglycerides
- Low HDL-cholesterol
- Insulin resistance



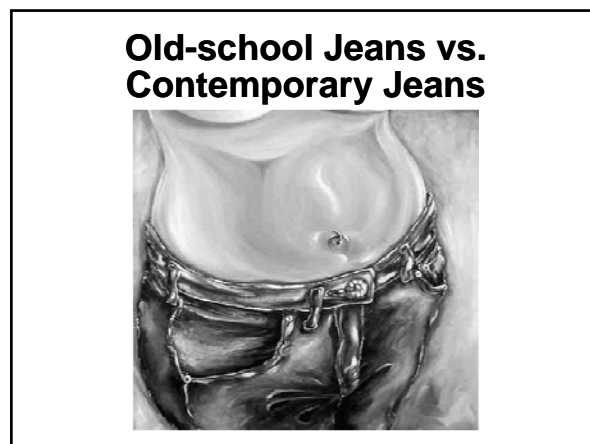
Old-school Jeans vs. Contemporary Jeans



sloops™
BELTLESS 5 POCKET JEANS
Introducing a brand new designer Blue Jean made specifically for suspender wearers!
WWW.Sloops.com
Sloops patent pending features

- * 5 Pocket Jean made from USA milled cotton denim
- * No Belt Loops and higher rise waistband
- * Straight leg blue jean with relaxed front design
- * Tailored for a tighter seat fit in all waist sizes
- * Designed by a suspender wearer... especially for suspender wearers

Build-up suspenders
Dynamic Pair
OLD-SCHOOL
SUSPENDER COMPANY



Leading Causes of Death for Females in Alabama

- Heart Disease
- Cancer
- Cerebrovascular Disease
- Chronic Lower Airways Disease
- Alzheimer's

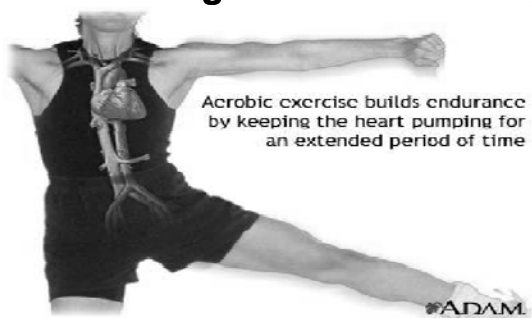
Back to Heart Disease

- The largest disparity we face
- The most common disease of all diseases
- The most common disease among blacks
- The most preventable disease in Alabama, America, and possibly the world

How We Can Prevent Heart Disease

- Control your cholesterol
- Control your blood pressure
- Stop smoking
- Increase and maintain daily physical activity
- Achieve your ideal weight
- Maintain a consistent blood glucose

Exercise Has Huge Fringe Benefits



Acrobic exercise builds endurance by keeping the heart pumping for an extended period of time

ADAM

Exercise Has Huge Fringe Benefits

- Aerobic exercise reduces blood pressure in adolescents with hypertension
- Regular physical activity helps in weight loss

- Hansen HS. BMJ 1991;303:682-685

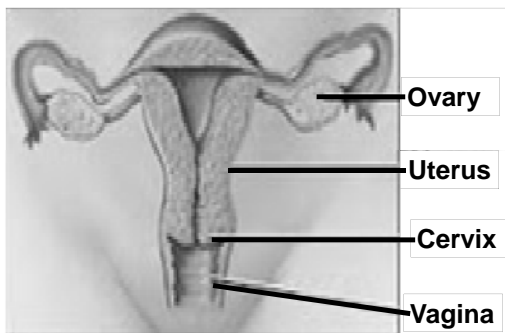
Exercise Has Huge Fringe Benefits

- Regular physical activity reduces insulin resistance
- Weight reduction causes hepatic enzymes to normalize

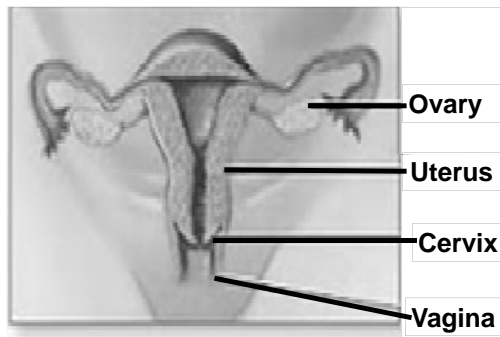
- American Diabetes Association. Pediatrics 2000;105(3):671-680

- Rashid MJ. Paediatr Gastroenterol Nutr 2000;30:48-53

Younger Reproductive System



Older Reproductive System



Whatever Path the Body Takes, Estrogen Is Involved Along the Way



There Are at Least 43 Things Changing Within Me

- Some things all can see, some things only I can see
 - Acne
 - Allergies
 - Anger
 - Anxiety
 - Backache

There Are at Least 43 Things Changing Within Me

- Bloating
- Blood sugar imbalance
- Bone loss
- Breast sagging
- Breast tenderness
- Depression

There Are at Least 43 Things Changing Within Me

- Facial hair
- Fatigue
- Feelings of being crazy
- Fibrocystic breasts
- Fuzzy thinking
- Hair loss or thinning

There Are at Least 43 Things Changing Within Me

- Headaches and/or migraines
- Hot flashes
- Hypothyroidism
- Hysteria
- Insomnia
- Irritability

There Are at Least 43 Things Changing Within Me

- Joint pain
- Leg cramps
- Menstrual cycle irregularities
- Memory problems
- Weight gain
- Inability to lose weight

There Are at Least 43 Things Changing Within Me

- Mood swings
- Night sweats
- Panic attacks
- Sexual desire loss
- Skin aging and dryness
- Skin spots (liver/age spots)

There Are at Least 43 Things Changing Within Me

- Stomach cramps
- Swollen ankles and/or feet
- Urinary incontinence
- Urinary infections
- Uterine fibroids
- Vaginal dryness
- Water retention

More on Low Thyroid

- Low thyroid function may show up as low or low-normal free T4 and free T3, with a high TSH
- TSH alone is a poor predictor of thyroid status

More on Low Thyroid

- A person can still be hypothyroid even if the lab tests are normal, because of thyroid hormone resistance
- The thyroid receptors in each cell fail to respond properly to thyroid hormone

Ideal Thyroid Testing

- In addition to testing T4, T3, and TSH, it is important to monitor your temperature
- Most of our enzymes do not function well below 98.2 degrees fahrenheit
- Restoring thyroid function requires making sure the body converts T4 into the active form T3

Ideal Thyroid Testing

- Thyroid support with whole foods is important
- If symptoms persist, a test for gluten allergy or sensitivity should be done

Financial Barriers to Health Care

- In Alabama, only 2 occupations pay females more than males:
 - Social Services
 - Food Services

Financial Barriers to Health Care

- Nationwide, for every \$1 a man makes, the woman will earn \$0.78
- In Alabama, for every \$1 a man makes, the woman will earn \$0.66
- Although more females attend college, we continue to live longer, but earn less money, and therefore less Social Security

Financial Barriers to Health Care

- Start thinking about your own long-term care now

Recapitulation

- Sedentary lifestyle
- No family values
- Lost of respect for authority
- Name it and claim it, call it and haul it
- What's in it for me
- Church is for entertainment
- Racism

Recapitulation

- Come to work late, and leave early
- Lackadaisical attitude
- Detachment
- Low expectations
- Low self-esteem
- Need for validation by others
- Feelings of entitlement

Recapitulation

- Male chauvinism
- Abuse of our natural resources
- Sexual pre-occupation
- \$ Worship
- Bishop worship
- People worship
- No attitude gratitude

Do It Anyway

People are often unreasonable, illogical, and self-centered; Forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; Be kind anyway. If you are successful, you will win some false friends and some true enemies; Succeed anyway. If you are honest and frank, people may cheat you; Be honest and frank anyway. What you spend years building, someone could destroy overnight; Build anyway.

Do It Anyway

If you find serenity and happiness, they may be jealous; Be happy anyway. The good you do today, people will forget tomorrow; Do good anyway. Give the world the best you have, and It may never be enough; Give the world the best you've got anyway. You see, in the final analysis, it is between you and God, It was never between you and them anyway.

Mother Theresa