

WOMEN'S HEALTH



Women's Health Boutique Franchise System, Inc.


Volume 4 Number 1

Keeping up Appearances

Choosing a surgeon to perform your reconstructive or cosmetic surgery can be difficult. After all, you are putting your appearance and your self-image in the hands of a stranger. Take time to consider the qualifications and reputation of the surgeon you choose. It will be time well spent. Asking a few simple questions like these should make your task an easier one:

- Are you certified by the American Board of Plastic Surgeons?
- Have you had specific training in the procedure I plan to have? How many procedures have you performed?
- At what hospitals are you authorized to operate?
- May I speak to a patient who has recently undergone similar surgery?

The surgeon you choose should be willing to answer your questions, explain all procedures adequately and frankly discuss the risks and benefits of cosmetic or reconstructive surgery. Be sure the surgeon you choose is all he or she appears to be.

For more information, contact the American Society of Plastic and Reconstructive Surgeons at www.plasticsurgery.org or toll free at (800) 635-0635. 

Starting Out Right!

by Susie Croes-Barone, R.D., L.D., WHB Director of Program Development

Here are some tips to jump-start your goals for good health, not only this year but for many more!

- **Set a reasonable goal for embracing a healthier lifestyle and be careful of quick fixes.** Consider objectives that will give you long-term benefits. For example, losing 10 pounds in six weeks is a more reasonable goal than trying to lose it all in one week.
- **Adopt the "No More Dieting" attitude.** All food is good in moderation. Normalize your eating pattern and avoid deprivation. If you absolutely must have that chocolate chunk cookie, eat only one. Then, balance your calories the rest of the day by eating lower-fat choices and increasing your physical activity.
- **Adopt a low-fat lifestyle.** Remember, low fat does not mean without calories. Choose alternatives to high-fat favorites.
- **Be adventurous with your eating.** Incorporate different ethnic foods, spices and herbs in your diet. Intensely flavored foods usually help you feel fuller faster, thus naturally



decreasing your intake. Rather than cooking with high fat ingredients, you may find wonderful alternatives.

- **Eat when you are hungry and stop when you are full!** Get in tune with your body's natural signals, and pay attention to your hunger scale, not your bathroom scale!

In This Issue...

- **March 6 is Lymphedema Day**
- **"B" Prepared (The Folic Acid Issue)**
- **Snack Attack**

continued on page 3

“B” Prepared: Are you getting enough folic acid?

According to Jeanne Rader, Ph.D., director of the division of science and applied technology in the FDA office of food labeling, “Folic acid is one of many nutrients needed in a healthy diet of women of the childbearing age. A well-balanced diet with a variety of foods can provide all those nutrients including adequate amounts of folate (the natural form of Folic Acid).”

FACT: Each year in the United States more than 4,000 pregnancies result in birth defects of the spine or brain, commonly called NTD (Neural Tube Defects).

FACT: Research has found that the B vitamin, folic acid, when taken in proper amounts by women during their childbearing years, may prevent 50–70 percent of these birth defects. Folic acid is necessary for proper cell growth and development of the human embryo and is required for DNA production.

FACT: Folic acid must be included in the diet before and during pregnancy to be an effective weapon against birth defects. According to the Centers for Disease Control (CDC) and

The National Center for Environmental Health’s (NCEH) Division of Birth Defects and Developmental Diseases, women of childbearing age should take 400 micrograms of folic acid daily prior to becoming pregnant, and 1,000 micrograms during pregnancy.

What are NTDs?

Neural Tube Defects are birth defects that begin early in pregnancy and affect the neural tube, which later becomes the spinal cord in developed human beings. Improper formation and closure of this tube close to the base is known as spina bifida. Symptoms include paralysis of the legs, loss

of bowel and bladder control, and water on the brain.

If the improper formation and closure occurs at the top of the neural tube, the result is anencephaly in which the brain does not develop properly.


Risk Factors for NTD:

- Previous NTD-affected pregnancy
- Maternal insulin-dependent diabetes
- Use of anti-seizure medications
- Medically-diagnosed obesity
- Exposure to high temperatures in early pregnancy (fever, hot baths)

For further information visit with your physician.

What are the best sources of folic acid?

- Women in their childbearing years should take a daily multi-vitamin that includes the recommended dosage (400 micrograms) of folic acid.
- Folate is found in dark-green, leafy vegetables, fruits, juices, dried beans, peas and grains.
- Many cereals, breads, rice and grain products are enriched and fortified with folic acid.

In support of Birth Defect Prevention Month this March, join the March of Dimes Birth Defect Foundation in spreading the word about folic acid and its use in preventing the disabling, life-taking effects of spina bifida and anencephaly. The goal of the Folic Acid Campaign is to reduce the incidence of Neural Tube Defects in the United States by at least 30 percent by the year 2001. For more information on how you can help, visit the March of Dimes web site at www.modimes.org or call 1-888-MODIMES. 




Did You KNOW...

March 6 is Lymphedema “D” Day!


Lymphedema is an accumulation of lymphatic fluid that often causes severe swelling in the arms and/or legs. Often ignored, lymphedema can be one of the most distressing complications of breast cancer surgery. Self-care for many patients is a daily challenge. The National Lymphedema Network (NLN) has set aside March 6 of each year to honor the courageous

patients who cope with lymphedema. If you know of someone who has inspired you with courage and strength contact NLN at 1-800-541-3259 to request a blank certificate of recognition. Present the certificate to the person you wish to honor on March 6. NLN would like to hear about this special person so they can be listed in their newsletter.

Women’s Health Boutique carries a wide variety of high-quality compression garments from the most-recognized names in the industry including Jobst®, Juzo®, Medi® and Sigvaris®. These therapeutic compression systems help alleviate the discomfort and effects of post-surgery lymphedema, as well as leg fatigue and varicose veins. Custom fitting is available. 

Snack Attack?

The holidays offered you every excuse to give in to the gravy, say hi to the pie and fill up on all the sweets you could eat. NO MORE EXCUSES...February is Healthy Lifestyles Month, and a time to remember the body works like a natural machine. If you fill it with the vitamins and nutrients it needs to run smoothly, it will be reliable and dependable. Neglect it, and it will break down. When your stomach asks for a little treat between meals, reward it with these high-energy, low-fat fuels:

- Nature’s refreshing fast food – fresh fruits and raw vegetables
- Air-popped popcorn, spiced up with cinnamon or garlic
- Whole grain breadsticks or crackers with salsa or low-fat yogurt
- Unsalted pretzels or rice cakes with fruit spread
- Vanilla wafers or animal crackers
- Fruited yogurt (watch for added sugar)
- String cheese
- Frozen fruit bars or smoothies 



HEALTH CARE *Trends*

Medicare gets soft on post-breast surgery care

Softees® provide comfort and a place for the surgical drains after surgery. This is a garment to wear immediately after surgery until the incisions heal completely.

If you are one of the many women who purchase Softees post-surgery undergarments, you can now submit your costs to Medicare and some insurance companies for reimbursement.

Medicare plan "B" will pay for a certain percentage of the allowable cost on Softees provided to patients after surgery. Women who buy this product as a temporary item to wear throughout the healing process will be



allowed Softees without interfering with the purchase of their chosen prosthesis or bra. Medicare will pay for Softees, regardless of the date of the surgery.

Women who plan to use Softees permanently in place of a prosthesis may be allowed more than two per year. Some private insurance companies may reimburse for the purchase of Softees if a physician "prescribes" the garment, specifying that it is a necessary, post-surgery undergarment. For more information check with Women's Health Boutique. ♡

Starting Out

continued from page 1

• **Shrink and multiply your meals.** Six to eight mini-meals help you avoid hunger pangs, increase your metabolic rate and burn calories faster. Skipping meals and starving yourself lowers your metabolic rate and increases fat storage.

• **Be active!** Physical activity does not necessarily mean joining an aerobics class or jogging three miles. Do something you enjoy. Walking is one of the easiest ways to exercise. Just 30 minutes a day boosts your immune system and reduces your chance of getting heart disease, high blood pressure, diabetes and osteoporosis. If time is an issue, break up the walk into 10-minute segments throughout the day.

• **Adopt stress management techniques in your everyday life.** Exercise is one, so is quiet time alone, reading a favorite book, deep breathing, meditation, biofeedback therapy, visualization tapes, yoga and tai chi. Finding the option that is most comfortable for you helps alleviate stress triggered by everyday events. It also helps you focus on the important things in life, like your good health and well-being. ♡

Support where and when you need it

Whether you've undergone plastic surgery, breast cancer surgery or delivered a baby, there are times in your life when you need extra support for weakened or stretched muscles. At Women's Health Boutique, we offer a wide variety of post-surgery products to help you heal comfortably while on the road to recovery. With the assistance of your physician, WHB will provide the proper garment.

• Abdominal Support

White River Concepts® and the Veronique® Abdominal Binder provide uniform pressure without restricting movement and hold surgical dressing in place. Both have special features that you might like. Choose the one that's right for you.

• Lower Body Support

If you require a little more support, try the Jobst® Plastic Surgery Girdle. It's perfect following liposuction to reduce swelling and ensure optimal results, while delivering full support to the abdominal area, buttocks and thighs.

• Mammary Support

Following breast reduction or augmentation surgery, Fredricks® Mammary Support provides effective control of post-operative edema. It is available with or without cups and reduces the need for conventional surgical dressings.

• Facial Support

Following facial surgery or facelifts, Veronique® and Jobst® Facioplasty Supports provide even pressure and

aid in proper control and healing of the affected area.

All of these products are specifically designed to make them easy to put on and remove. Adjustable strap and fabrics that "breathe" make them comfortable, even during the warmer months.

While the time following your surgery can be difficult, there are people and products to make it easier and more comfortable.

The staff at Women's Health Boutique can help you find the products that fill your physician's orders. ♡

A Bright Future: 2000 and Beyond

As we step into the new millennium, changes and great advances are being made in the study of medicine. Breast cancer research and awareness is on the rise. Information about health concerns of women everywhere is only a mouse click away on the World Wide Web. The healthcare community is moving in the direction of preventative care and investigating alternative therapies for treating and preventing many common diseases.

At Women's Health Boutique, we understand that reliable information is one of the keys to staying healthy. We offer not only the healthcare products women need, but also a qualified staff and extensive informational library to help you take the step into the new year with confidence.

- After-breast surgery products
- Wigs and turbans
- Incontinence products
- Compression hosiery & garments
- Prenatal/postnatal products
- Skin care products



*Women's
Health Boutique
provides a service to
women that is both
needed and deserved
in a discreet and
dignified setting.*

F R E E **SUBSCRIPTION OFFER**

To receive a FREE subscription to the Women's Health Boutique newsletter, or to send a subscription to a friend, fax or mail names and addresses to the Women's Health Boutique address listed on the top panel of this page.

Disclaimer

Information contained in this newsletter is for educational purposes only. It is not a diagnosis or substitute for professional advice or treatment. You should always consult your physician.

Assess your "Risk For Breast Cancer"

Pick up a FREE video at your local Women's Health Boutique.

This video, presented by Zeneca, features a group of women who were affected by breast cancer in some way, either personally, or through a relative or friend. They speak of the fear of getting the disease, supporting someone who has or had the disease; and, quote statistics of their chances of getting breast cancer. The risk assessment, included with the free video, is for you to complete and discuss with your physician.

Now there is something you can do...
Come into Women's Health Boutique to start. 

