

# Women's Health Talk




A Publication of Women's Health Boutique Franchise System, Inc.

Volume 7 Number 4

## Taking Care of the Caregiver

As our population ages, more of us are providing long-term care for our older relatives. It can be an emotionally and physically draining responsibility. The first prescription in taking good care of loved ones is to make sure you take care of yourself—first!

1. Get help. There are a number of organizations that help caregivers with chores and other tasks. For example, Meals on Wheels or overnight respite care can let you get away for a weekend.
2. Take care of yourself. Exercise. Eat a balanced diet. Maintain your own health.
3. Explore support systems. If you are feeling down or depressed, seek support groups or professional help.
4. Treat yourself to something special...something just for you. Women's Health Boutique offers intimate apparel for your special health care needs, pretty hair pieces, skin care, beautiful support hose, scarves, wigs and turbans... accessories that can dress up your wardrobe and brighten up your day. 

## Aviana Intimate Apparel Full-Figured Relief

As you begin to plan for this season's parties, gatherings and family get-togethers, do you really have all the support you need? We're not talking about your friends and family now...we're talking about bras. Will your undergarments be able to hold up to the late nights on the dance floor, endless shopping trips and the countless hours spent wrapping gifts? If there is any doubt, allow us to introduce you to a better support system for full-figured women...Aviana Intimate Apparel.

Most full-figure bras are merely "sized-up" versions of an existing bra style. Aviana, however, is the original full-figure bra. Thanks to the careful study of body types and bra fittings, women finally have a bra that "feels like it was made for them." Aviana full-figure bras are a true original with the comfort and fit that should always come first in a full-figure bra. Here are two of our favorites:

### Smooth Floral Jacquard Softcup



Smooth Floral Jacquard Softcup  
Style #2353



Smooth Floral Jacquard Underwire  
Style #2453

### Smooth Floral Jacquard Underwire

Exceptional comfort and support describe these bras designed specifically for the plus size customer. With smooth, all-over floral jacquard fabric cups, these bras are very smooth under clothing. Foam cushions inside wide shoulder straps make these bras easy on the shoulders and back. Strong and supportive bottom bands and foam cup lifts make these bras comfortable for long-term wear. The underwire bra, style #2453, has a well padded and shortened underwire for great support and a comfortable fit under the arm. Aviana styles #2353 and #2453 are available in Candlelight and Black in sizes 34-36 E, F, G and 38-46 E, F, G, H.

For more information on full-figured bras, contact your local Women's Health Boutique or call 1-888-708-9982.

## In This Issue...

- Lingerie To Match Your Mood
- Is it Breast Cancer?
- Emotional Comfort = Physical Recovery
- A Bra For The Full-Figured Woman


# Is it Really Breast Cancer?

**B**reast Cancer. The words themselves make us fearful, for they not only indicate a future filled with painful and difficult medical care, but they also sabotage our self-esteem. Fortunately, finding a lump in our breast or noticing other changes in the breast do not necessarily indicate breast cancer. In fact, 80 percent of breast lumps are benign. So what are these non-cancerous lumps and discharges and what do they mean?

- **Fibrocystic breast changes** are a normal part of a woman's menstrual cycle. These changes are sometimes called fibrocystic breast disease. The signs are a bumpy texture or lumpiness and they are more likely to be noticed in the premenstrual phase of the cycle. The lumps may be hard or rubbery and may be felt as a single (large or small) breast lump and are often accompanied by nipple discharge. These changes do not increase your chance of getting breast cancer. These changes are the most common cause of benign breast lumps in women ages 35-50.
- **Fibroadenomas** are the most common benign tumors found in the female breast. These solid, round, rubbery lumps move freely in the breast when pushed upon and are usually painless. Fibroadenomas are the result of excess formation of lobules (milk-producing glands) and surrounding breast tissue. They occur most often between the ages of 20-30 and are more common in African-American women.

- **Intraductal papillomas** are small, wart-like growths in the lining of the mammary duct near the nipple. They usually affect women 45-50 years of age and can produce bleeding from the nipple.
- **Traumatic fat necrosis** occurs when there is trauma (sudden injury) to the breast, although most women don't recall a specific injury. This causes fat to form in lumps, which are generally round, firm, hard, single and painless.



It is important not to take any breast abnormalities lightly. Most cancerous lumps are hard and may or may not be tender. They are most common in women over 40 and in younger women with a strong family history. *See your physician or health care provider if you have any reason to feel uneasy about your breast health.* 

## *Reaching out to women everywhere...*


### Quitting Smoking Harder for Women than for Men

**W**hile women may suffer greater relative risks of smoking-related diseases than do men, they tend to have less success than men in quitting smoking. Dr. Kenneth A. Perkins from the University of Pittsburgh School of Medicine offers several reasons for this disparity. Research-based findings include:

- Nicotine replacement therapy may not be as effective for women.
- Women smokers are more fearful than men of gaining weight if they quit.
- Medications to aid smoking cessation are not currently recommended for pregnant women.
- A woman's menstrual cycle affects tobacco withdrawal symptoms, and responses to anti-smoking drugs may vary by cycle phase.
- Husbands may provide less effective support to women who are trying to quit smoking than wives give to husbands.
- Women may be more susceptible than men to environmental cues to smoking, such as smoking with specific friends or smoking associated with specific moods.
- Many women may enjoy the feeling of control associated with smoking a cigarette.



"According to the recent report on women and smoking by the Surgeon General, three million women have died from smoking-related diseases since 1980. Currently, women suffer 39 percent of all smoking related deaths," says NIDA Director Dr. Alan I. Leshner. "Given the greater relative risk of women to incur smoking-related diseases, it is clear that we must find better approaches to help women break their nicotine addiction."

*If you have ever considered the idea of quitting cigarettes, now is the time to stop. Call your local hospital or visit the American Heart and Lung Association online ([www.lungusa.org](http://www.lungusa.org)) and inquire about support groups. Others who have already quit are standing by, ready to support and encourage you to kick the habit.* 

# Still Wishing for a White Christmas?

Especially for the holidays, the gift of lingerie is a sensual and romantic way to say, "I Love You." With the vast amount of selections available it's the perfect way to look and feel good again. If you're in the mood for casual, sporty or European elegance, you'll find lingerie to match your mood at the Women's Health Boutique.

## Chantelle Check out the detail

Since 1876, Chantelle has been producing fine quality lingerie. With a focus on quality, fit, comfort and style, Chantelle has grown to become the world's leading brand of French Lingerie. From everyday basics to sophisticated fashion, Chantelle has styles to complete every woman's wardrobe.

One of Chantelle's best selling fashion collections is the Maestria collection. Inspired by the Vintage trend, this luxurious collection features a Swiss tulle enhanced by a guipure pearl motif. Extremely seductive, the corset and tanga are the highlights of the collection. Constructed of sheer lace, the corset has boning all around, garters, lace-up detail at the back, and hook and eye back closure at the side. The corset is a "must have" in Ivory for the ultra feminine



Maestria Collection—Style #2285

December bride. The contour demi bra has lightly lined cups and is angled to create a little extra cleavage for "A" and "B" cups. The straps are non-stretch in the front and stretch adjustable in the back as well as being detachable and convertible. *Look for this collection in a beautiful Red and a chic Black for the Holidays.*



Lissea Bra—Style #1465

Chantelle's Lissea Bra is a beautiful smooth seamless collection featuring a microfiber T-shirt bra. The comfort of microfiber is accented by the open embroidery guipure lace straps. This bra is designed to fit a variety of sizes, and virtually disappears beneath even the most body skimming silhouettes. *Available in Black, Nude and White.*

## Wacoal

*A Combination of European Elegance and a Comfortable American fit.*

Looking for that special undergarment to compliment your favorite party dress? Internationally known for superb fit and the highest quality, Wacoal is recommended by expert bra fitters worldwide. *Wacoal bras are available in an extensive size range, from a petite 32AA to a full size 44DDD.*

When selecting a Wacoal bra keep in mind that Wacoal's cup sizing tends to be generous. Wacoal bra styles are usually cut full so that you will enjoy total breast coverage and support. To give the best support, Wacoal uses a power net backing, so that you will experience very little stretch or give in the band.



Wacoal—Style #85121

The Wacoal Feather Embroidery Full Figure Underwire features feather embroidery and soft nylon cups that provide natural support.

Plush underwire and triple hook back add comfort. *Available in Black, Ivory and Naturally Nude.*

The Wacoal Bodysuede Simply Stated Full Figure seamless bra has molded cups and cushioned underwire. Elastic back with a triple hook closure adds extra comfort.



Wacoal—Style #85185

*Available in Black, Blue Tint, English Lavender, Ivory and French Nude.*


*Products may vary in each store. Call your local WHB to find out what bra will work for you, or call 1-888-708-9982*

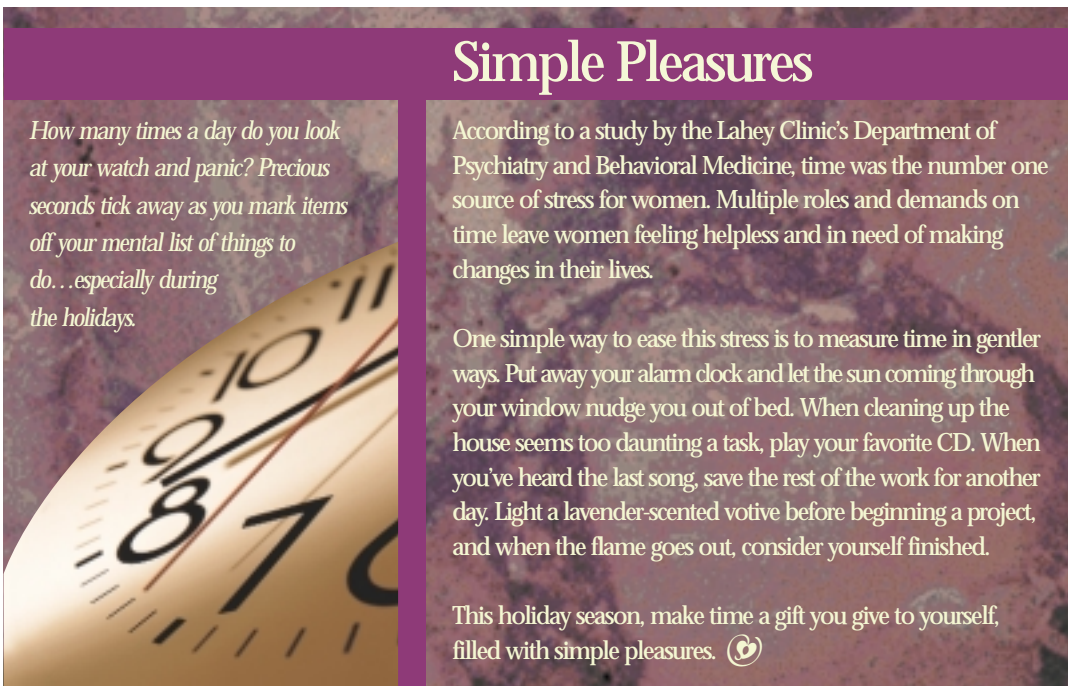
## Simple Pleasures

*How many times a day do you look at your watch and panic? Precious seconds tick away as you mark items off your mental list of things to do...especially during the holidays*

According to a study by the Lahey Clinic's Department of Psychiatry and Behavioral Medicine, time was the number one source of stress for women. Multiple roles and demands on time leave women feeling helpless and in need of making changes in their lives.

One simple way to ease this stress is to measure time in gentler ways. Put away your alarm clock and let the sun coming through your window nudge you out of bed. When cleaning up the house seems too daunting a task, play your favorite CD. When you've heard the last song, save the rest of the work for another day. Light a lavender-scented votive before beginning a project, and when the flame goes out, consider yourself finished.

This holiday season, make time a gift you give to yourself, filled with simple pleasures. 



## Emotional Help for Breast Cancer Survivors

If you're fighting a challenging disease, like breast cancer, you'd be wise to consider joining a support group. Not only can it provide you with the emotional comfort you are seeking, it can actually influence your physical recovery. Finding a support group shouldn't be difficult unless you live in a remote area. Ask your local Women's Health Boutique...they may already offer a support group. They also work closely with other local support groups.

The National Alliance of Breast Cancer Organizations' (NABCO) Web site lists support groups state by state and can help you locate one near you. You can also try these suggestions from NABCO:

- Inquire at your local hospital's breast cancer center or departments of social work or psychiatry.
- Call your local chapter of the American Cancer Society. Their national number is (800) ACS-2345.
- Contact the Y-ME national support hotline at (800) 221-2141 to speak with a breast cancer survivor.



Although support groups can be very helpful, joining the wrong one can possibly do you more emotional harm than good—especially if those attending are at a different stage of recovery than you. If you come away from meetings feeling distressed or depressed, you're in the wrong group. But don't give up. Look for people you feel you connect with—support groups are supposed to pick you up, not bring you down. The right one will give you the boost you need as you progress toward a full physical and emotional recovery. ♡

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[www.w-h-b.com](http://www.w-h-b.com)

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\*Discount only applies to non-reimbursed insurance, Medicare and Medicaid items.

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*Reaching out to women everywhere...*

