

# Women's Health Talk



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

Volume 7 Number 3

## REVITALIZE THE SOUL


Many women can attest to feeling stressed, but most probably don't realize that environmental factors can be a source of tension. Following are tips to relax and revitalize:

· *Cut the Caffeine.* Caffeine stimulates the nervous system and can lead to difficulty sleeping.

· *Balanced Meals.* Eat a lunch that contains protein to help prevent afternoon energy slumps.

· *Water.* Drink at least eight glasses each day. Water plays a vital role in nearly all body functions, including digestion, circulation and transporting nutrients.

· *Work it Out.* Get at least 30 minutes of exercise three to four times per week. Exercise boosts the body's natural pain relievers and is a natural mood enhancer.

· *The Journey Within.* Relax the mind and spirit by listening to quiet music or inspirational tapes; performing yoga or practicing other relaxation techniques. 

## Gimme a Little Squeeze

The heart can pump blood to the toes in one beat, but it needs to pump a full five beats before the blood can make the return trip up your legs. The constant uphill battle against the force of gravity eventually takes its toll on our veins. By the time we reach the age of 60, about one in four of us has at least one bulging, blue-tinged rosy reason not to wear shorts in the summer.

These factors increase your risk of developing varicose veins:

- *Age.* Varicose veins usually appear between ages 30 and 70 and get progressively worse.
- *Gender.* Women are twice as likely as men are to develop the condition. Hormonal changes during pregnancy, premenstruation and menopause may be a factor. Female hormones tend to relax vein walls.
- *Genetics.* If other family members had varicose veins, there's a greater chance you will, too.
- *Obesity.* Being overweight puts added pressure on your veins.
- *Standing for long periods of time.* Your blood doesn't flow as well if you're in the same position for long periods.

Wearing compression stockings is often the first approach to try before moving on to other treatments. Compression stockings are worn all day long. They steadily squeeze your legs, helping veins and leg muscles move blood more efficiently.

Some people think of compression stockings as being uncomfortable and unstylish, but their bad fashion reputation is no longer deserved. Stockings today come in a variety of strengths, styles and colors. With

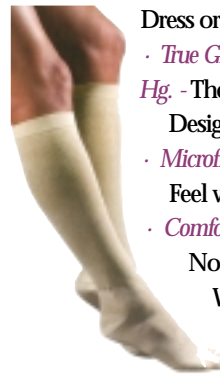
the variety offered, you're likely to find a stocking that you're comfortable wearing.

**Activa® Patterned Women's Trouser Socks, 15-20 mm Hg.**

**Revolutionary Look, Feel and Patterns!**

Additional features include:

- *Attractive Pattern Designs* - Suitable for Dress or Casual Wear
- *True Graduated Compression 15-20mm Hg.* - Therapeutic Benefit in a Fashion Design
- *Microfiber Construction* - Super Soft Feel with Compression Power
- *Comfortable Top Band* - Non-Restrictive Top is for Comfort Wear, No "Tourniquet Effect"
- *Comfortable Balloon Toe* - Non-Binding Fit, All Day Comfort



FLA Orthopedics, Inc. has expanded its line of graduated compression leg wear with the addition of the Activa® Patterned Women's Trouser Socks. Due to new advancements in knitting technology, fashionable pattern designs are now possible without affecting the function or graduated compression of the sock. Two designs are available, a small diamond pattern and a cross-hatch larger diamond (argyle-like) pattern, both are knitted into the actual sock. *Socks available in Small, Medium, Large and Extra Large. Color options are tan, navy and black. To order, call 888-708-9982.*

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## In This Issue...

- *How Compression Stockings Have Changed*
- *Do You Have Ovarian Cancer?*
- *No More Bouncing*
- *Control Your Cholesterol*

# A Lesson From Gilda

**A**s Emily Litella on *Saturday Night Live*, Gilda Radner always got confused about her subject matter and signed off, "Never mind." But Radner's battle with ovarian cancer is an issue that she wants every woman to remember.

After her death in May of 1989, husband Gene Wilder established the Gilda Radner Ovarian Detection Center at Cedars-Sinai Hospital to screen high-risk candidates and run basic diagnostic tests. In tribute to Radner, Gilda's Club was also founded. It is a place where cancer sufferers can go to be around other people and embrace one another in life. The most serious of the female reproductive malignancies, ovarian cancers usually develop in the thin layer of cells that cover the ovary. As the tumor grows and the ovary swells, cancer cells shed into the abdominal cavity. In this manner the cancer can spread to other intra-abdominal organs.

\*Factors that may increase the risk of ovarian cancer:

- Infertility
- Use of fertility drugs
- Talcum powder on sanitary napkins
- Smoking

\*Factors that may decrease the risk of ovarian cancer:

- Childbearing
- Use of oral contraceptives
- Tubal ligation, a sterilization procedure to prevent pregnancy
- Hormone replacement therapy

## What are the symptoms?

Ovarian cancer is often referred to as the "silent killer" because most people believe that by the time a woman has symptoms, the disease has already spread through her abdomen and beyond. Symptoms most often associated with ovarian cancer include:

- A feeling of being bloated.
- Vague abdominal and pelvic discomfort.
- Gastrointestinal symptoms such as gas, back pain and fatigue.

Although many women have these symptoms, if they persist for weeks this could be an early warning of ovarian cancer. Gilda Radner had every one of these symptoms for over one year prior to her diagnosis.

The majority of women who contract ovarian cancer are over the age of 55 and by the time they pursue medical attention, there is the possibility that the disease will be quite advanced (as serious as a stage three to four tumor). In 70 to 80 percent of cases, the cancer will have spread to other areas in the abdomen.

Ovarian cancer, even if it strikes comparatively few women compared with breast cancer, intrudes upon the very core of a woman's being. There cannot be too much emphasis placed on the need for regular, yearly visits to the doctor. Equally, keep a watchful eye on weight gain, abdominal swelling and persistent, mild stomach discomfort.

\*Ref: *The Gilda Radner Familial Ovarian Cancer*

Registry: [www.ovariacancer.com](http://www.ovariacancer.com) 

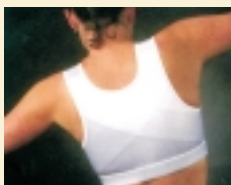
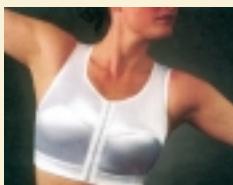
## Reaching out to women everywhere...

### The Bounce Stops Here!

**W**hat's the first thing you think about when you get ready to exercise? If you are a female, your most important accessory is a good sports bra.

When choosing a sports bra, pay special attention to the following: Seams should be as flat as possible and even better if they are on the outer side of the bra. The bra should be snug around your rib cage but not too tight...make sure you can breathe properly! The band should be snug over your breasts but not too tight. Try jumping up and down to ensure that there is no bouncing or movement.


The Enell Sports Bra was designed to enable larger breasted women to exercise and play sports in comfort. Enell's patented construction gives women of all shapes and sizes the support they deserve. Enell is now being made with Naturexx



fabric. This high performance fabric wicks moisture away from your body and dissipates body heat while giving you outstanding strength, color and garment life.

*"Once you get yourself hooked into this thing, believe me they're not going anywhere."*  
OPRAH (on Enell Sports Bras)

The Lia Sports Bra is a post mastectomy sports bra. This classic sports bra features a keyhole back for ventilation and a wide elasticized support band for a firm yet comfortable fit. The Lia Sports Bra, made with a multi-layer Cool-Max® cotton fabric with a sewn in breast form pocket, is available in front zipper or pull on style. The bra fits most breast for sizes.

For more information on sports bras, visit your local Women's Health Boutique or online at [www.w-h-b.com](http://www.w-h-b.com) 



# Taming the Yeast Beast

It starts as an uncomfortable itch, and becomes more and more uncomfortable as it progresses. Then you begin to see a vaginal discharge, soreness and a burning rash. Urination begins to burn and before you know it, you're headed to the pharmacist for something to ease your pain.

It's hard to believe that a simple little yeasty fungus, technically *Candida*, causes this common infection. *Candida* is a fungus often present in the human body, yet it only causes problems when there's an over-abundance. Then infections can occur not only in the vagina, but also in other parts of the body. Though there are four different types of *Candida* that can cause these infections, nearly 80 percent are caused by a variety called *Candida albicans*.

According to the Food and Drug Administration, yeast infections are most common in teenage girls and women aged 16-35, although they can occur in girls as young as 10 or 11 and in older women. A person does not have to be sexually active to get a yeast infection.

The biggest cause of *Candida* infections is lowered immunity. This can happen when you become run down, or it can happen as a result of illness. Repeated



yeast infections can also be caused by the use of antibiotics and some other medications, including birth control pills; significant change in the diet; poor nutrition; diabetes; and pregnancy.

Some women get mild yeast infections towards the end of their menstrual periods, possibly in response to the body's hormonal changes. Pregnant women are also more prone to develop yeast infections. Sometimes hot, humid weather can make it easier for yeast infections to develop. And wearing layers of clothing in the winter that make you too warm indoors can also increase the likelihood of infection. Many doctors suggest wearing cotton panties, loose clothing, and nylons with a cotton panty liner, to help you prevent a yeast infection. Also, use minimal soaps – rinsing with warm water may be just as effective as any body wash. Yeast can also grow under your breasts if your breast isn't properly supported. Keeping the area clean and dry and pulling the breasts up into a good-fitting bra should help.

*Don't let this pesky little infection keep you down. If you have the symptoms of a yeast infection, see your doctor for a quick and painless remedy. (♥)*

Continued from pg. 1

SIGVARIS SAMSON & DELILAH®



support socks and stockings offer over-the-counter convenience with 15-22 mmHg of graduated therapeutic compression. SAMSON & DELILAH®

hosiery is made with a real, knit-in heel that helps you position the hose for maximum effectiveness and comfort. SAMSON & DELILAH® provide lighter compression to prevent or treat mild varicosities, and to eliminate a feeling of heaviness or fatigue in the legs.



Styles:

- Classic ribbed sock for men and for women
- Knee-hi for women
- Thigh-hi for women with lace grip top
- Pantyhose
- Sheer to Waist pantyhose
- Maternity pantyhose
- Queensize pantyhose

Size Availability:

- Socks and knee-hi: A, B, C
- Thigh-hi: I, II, III
- Pantyhose, Sheer to Waist, Maternity Pantyhose: A, B, C, D, E, F
- Queensize Pantyhose: QA, QB, QC

Ready for a little squeeze? No more ropy, achy legs with light, fashionable compression hosiery for the summertime. For more information, stop by Women's Health Boutique or visit us online at [www.w-h-b.com](http://www.w-h-b.com). (♥)

## Cholesterol: Take Control

The National Institutes of Health has designated September as *National Cholesterol Education Month*. High cholesterol can often be treated by simply altering your *lifestyle*. Following a low fat, high fiber diet and increasing exercise are often the only changes that need to be made. Begin now to take control of your health — to assure a more healthy future.

**Tips to Help You Control Cholesterol** ~ Know your cholesterol numbers — Be an active partner with your healthcare professional in keeping them in control.

- *Take control* of your grocery shopping. Read food labels and choose foods low in saturated fat and cholesterol.
- *Take control* of portion sizes. Learn what one serving or portion looks like.
- *Take control* of your percent of body fat. Aim for an ideal weight.
- *Take control* of your refrigerator. Stock it with fresh fruits, vegetables, whole grains and low fat foods.
- *Take control* of your activity level. Exercise for at least 30 minutes, three to four days per week. No time? Do three, 10-minute segments on as many days as you can.



## World Breastfeeding Week

**W**orld Breastfeeding Week (WBW) is celebrated worldwide during the first week in August by many nations. The theme for 2003 is "Breastfeeding in a Globalized World—for peace and justice."



The statistics prove that these awareness campaigns, in conjunction with other educational efforts, are working. More U.S. women are breastfeeding their babies than at any time in modern history, according to a survey of about 400,000 by Ross Products Division of Abbott Laboratories. Seven out of 10 women nurse in the hospital and a third are still doing it six months later, shows the poll.

To ensure that your breastfeeding experience is a positive one, Women's Health Boutique offers a range of products to help nursing mothers, including nursing bras, breast pumps and other new mom essentials. Our newest product, from Medela, is the Quick Clean™ Micro-Steam Bags. Designed and tested for the safe and effective cleaning of breast pump and other feeding accessories, Quick Clean products are easy to carry anywhere and use anytime.

Unique and powerful, Quick Clean Micro-Steam Bags eliminate 99.9% of all harmful bacteria and germs from most breast pump parts and feeding accessories. Stop by Women's Health Boutique or visit us on the web, [www.w-h-b.com](http://www.w-h-b.com) for all your nursing needs. ♡

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

#### 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.

Products available at each location may vary.



For a limited time, we're offering a 10% discount on ANY\* item purchased at Women's Health Boutique when you bring this newsletter to the store.

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

*Reaching out to women everywhere...*

