

Women's Health Talk



Osteoarthritis(OA) Risk Factors

Age is the strongest risk factor for OA.

· **Female gender.** Before age 45, OA occurs more frequently in men; after age 45, OA is more common in women.

· **Joint alignment.** People with joints that fit together incorrectly, such as bowed legs, a dislocated hip, or double-jointedness, are more likely to develop OA in those joints.

· **Hereditary gene defect.** A defect in one of the genes responsible for a cartilage component called collagen can cause deterioration of cartilage.

· **Joint injury or overuse caused by physical labor or sports.** Traumatic injury or overuse increases your risk for developing OA in joints.

· **Obesity.** Being overweight during midlife or the later years is the strongest risk factor for OA of the knee.

· **Certain diseases.** Some diseases, such as rheumatoid arthritis, change the normal function of cartilage.

· **Good News!** There are innovative new products for arthritis sufferers. Designed for women with limited hand or upper body dexterity, beautifully styled **Leading Lady® Arthritis Bras** fasten with velcro and large hooks for easy on and off dressing. (♥)

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Take Health To Heart!

According to the American Heart Association, one in two women will eventually die of heart disease or stroke. The good news is that you can substantially reduce many of your risk factors for heart disease and stroke with a few simple lifestyle changes. And if you've already experienced heart disease or stroke, those lifestyle changes can help you have a more successful recovery.

What is cardiovascular disease?

According to statistics, cardiovascular disease includes diseases of the heart and blood vessels. Heart and blood vessel problems develop when arteries that supply the heart or brain with blood slowly develop deposits of cells, fat and cholesterol. These deposits are called plaque and the condition is called atherosclerosis. If a blood clot suddenly blocks blood flow in a narrowed artery, you could have a heart attack or stroke.

Some heart attacks are sudden and intense. But most heart attacks start slowly, with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- **Shortness of breath.** Often comes along with chest discomfort, but can occur before the chest discomfort.
- **Other signs.** Breaking out in a cold sweat, nausea or lightheadedness.

Heart failure means that your heart isn't pumping blood as well as it should, reducing the amount of oxygen to the body. Symptoms that your heart is under duress are swelling of the feet, ankles, and legs, called "edema", and a fluid buildup in the lungs called "pulmonary congestion." Use of compression hosiery helps decrease the work of the heart.

Strokes happen when a blood vessel that supplies oxygen to the brain gets clogged or ruptures. Then that part of the brain can't work and neither can the part of the body it controls. Major risk factors of stroke are uncontrolled high blood pressure, smoking, diabetes, carotid artery disease and heart disease.



In This Issue...

- **Take Health To Heart!**
- **A Better Fit**
- **Brew Up A Cup Of Good Health**
- **Fit To Be Tied**

What can I do now to prevent heart disease?

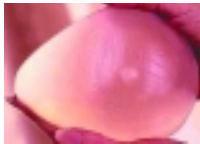
Use alcohol in moderation if at all. Heart disease in those who drink moderate amounts of alcohol (one drink per day) is lower than in nondrinkers.

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A Better Fit Is Taking Shape

If you've had a lumpectomy or breast reconstruction, or if your bra doesn't fit right for any reason, it's time to get even. Amoena's® line of Balancia™ shapers lets you wear the bras you love with confidence. Balancia evens out your figure, naturally enhancing in just the right places.

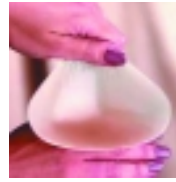
Women come in all different shapes and sizes. That's why Balancia is available in three different shapes and a range of sizes to meet a variety of needs: lumpectomy, after or during breast reconstruction, uneven breasts or to soften and contour implants. Balancia shapers slip into your bra wherever you need a more balanced fit. Suddenly everything from sheer blouses and figure-hugging sweaters to form-fitting dresses and low-cut swimsuits fit better and look great. Even more important — You feel fantastic!



Balancia™ Special

Ideal for breast-conserving surgeries, lumpectomy or breast reconstruction, this teardrop shaped silicone shell slips into your favorite bra for a smooth, shapely profile. This shell fits shallow-to-full shapes and covers most of the existing breast tissue.

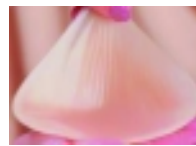
SIZES	COLORS	SHAPE	FIT
1-9	Ivory	Symmetrical	Shell Shallow
	Blush		to Full
	Tawny		



Balancia™ Shaper

Triangle shaped with very thin edges, this silicone shell offers an excellent seamless transition to the skin. It can be used in any fashion bra to even out your figure due to uneven breasts, breast-conserving surgery, lumpectomy or reconstruction. This shell has no nipple, allowing maximum fitting flexibility and it fits shallow, average or full shapes covering a small portion of existing breast tissue.

SIZES	COLORS	SHAPE	FIT
2-4	Ivory	Symmetrical	Shell Shallow
	Blush	Triangle	To Full
	Tawny		



Balancia™ Triangle Shell

Covering most of the existing breast tissue, this triangle-shaped hollowed-out silicone shell can be used with reconstructed breasts, breast conserving surgeries or breast asymmetry. The shallow to full teardrop shape can be placed in any bra, in any direction to fill the bra cup where tissue is absent.

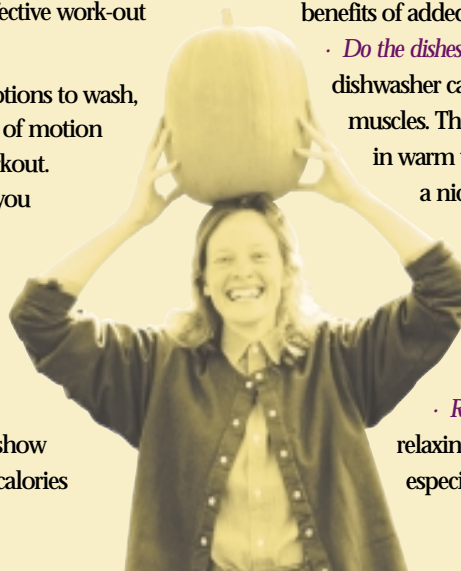
SIZES	COLORS	SHAPE	FIT
2-6	Ivory	Symmetrical	Shell Shallow
	Blush	Triangle Shell	To Full
	Tawny		

Reaching out to women everywhere...

Everyday Exercises

No time to exercise? These everyday chores can help busy women get a simple and effective work-out without going to the gym.

- **Wash your car.** Using large, circular hand motions to wash, dry or wax your car can increase your range of motion and strength. Switch hands for an even workout.
- **Get dressed.** Exaggerate your movements as you get dressed. Morning movement can lessen some of the early stiffness common to people with certain types of arthritis, such as rheumatoid arthritis.
- **Take a commercial break.** Get up during a television commercial and stretch, fold laundry, or just get a glass of water. Studies show that even small movements can help burn calories and contribute to keeping weight down.



- **Park your car a little farther away.** Walk a bit more to get the benefits of added activity.
- **Do the dishes.** Bending down to load or unload the dishwasher can provide a good stretch for back and leg muscles. The old-fashioned way – washing them yourself in warm water – can soothe sore joints and also provide a nice stretch for your fingers.
- **Dance.** This activity is recommended for people with a specific form of arthritis called fibromyalgia. Dancing calls for smooth, dynamic movements rather than tightening of one particular muscle, which can cause soreness.
- **Rock on.** Rock in a rocking chair. Rocking is relaxing, and it can improve strength and flexibility, especially in your knees. 🧡

Brew Up A Cup Of Good Health

Recent data revealed by scientists from around the globe at a meeting late last year in Washington DC provides further evidence of tea's potential disease-fighting capabilities. *The Third International Scientific Symposium on Tea and Human Health; Role of Flavonoids in the Diet*, provided an opportunity for experts to share ideas and findings related to the benefits of drinking tea as it affects general health, heart health, and even the possibility of tea helping to reduce cancer risks.

Recent research indicates:

- Tea may reduce Low Density Lipoprotein (LDL, or "bad" cholesterol) levels by 10%.
- Consumption of as little as four cups of tea per day may contribute to cardiovascular health by improving endothelial function, as seen in clinical studies.
- Tea may reduce oxidative stress, as indicated by decreases in DNA damage in smokers.
- Tea consumption is linked with a 60% decrease in rectal cancer among women.


The ongoing scientific exploration of the health benefits of drinking tea has led to a growing body of research that points to tea as being an important contributor to health. Research continues to show that flavonoids seem to have a potent effect on the health and function of cells and physiological systems – and tea is a major source of flavonoids in the human diet.

According to Jeffrey Blumberg, a nutritionist at Tufts University in Boston, tea is loaded with phytochemicals – a wide range of molecules that can act as antioxidants. Such compounds counteract the damage done to DNA cells by free radicals – charged particles produced by sunlight, chemicals, many foods and simply the stress of everyday living. Damaged DNA is the first step to cancer and is also associated with heart disease.

"The research presented at this symposium further extends the scientific evidence that tea may have a favorable effect on the cardiovascular system and may positively impact health in many other ways, including reducing the risk for some cancers," said

Dr. Blumberg.

Looking towards the future, researchers plan to probe deeper into the various mechanisms by which tea flavonoids function in the body and

the implications these mechanisms have on human health and disease prevention. Clinical trials now underway and being planned will provide further important information about the role of tea in health promotion. 

January is National Hot Tea Month, so brew up a cup and indulge in a warm, soothing and healthy cup of tea!

Sip Away Your Stress

Herbal teas are all the rage. A freshly brewed cup and a few moments of peace can take away stress and leave you feeling refreshed.

Chamomile soothes the tummy and the soul

A mild, relaxing tea with a delicate flavor, chamomile relaxes the smooth muscles in the stomach. Herbalists recommend three cups daily to ease indigestion, irritable bowel problems, and colitis. Choose 100% pure chamomile flowers with a strong, fresh apple aroma. Use one tablespoon of flowers per cup of boiling water.

Lemon Balm reduces anxiety and restlessness


This citrus-fresh herb helps tame tension, nervousness, and a mild case of the blues. Relax with a cup before bedtime to help you feel sleepy. Use one tablespoon of leaves per cup of boiling water.

Passionflower eases you into restful sleep

The flower, vine, and leaves have proven, gentle sedating qualities and are recommended by herbalists as a treatment for insomnia. Use one teaspoon of dried herb per cup of boiling water.

Rosemary can ward off headaches

This fragrant spice-shelf herb not only perks up roasts and poultry, it can also ward off certain kinds of stress-induced headaches. Because rosemary helps keep blood vessels dilated, it can prevent headaches. Use one teaspoon of dried rosemary per cup of boiling water.

Always remember, it's a good idea to check with your doctor before using alternative medicines and supplements. 

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However, with increased intake of alcohol, there are other health dangers.

Smoking is a woman's single biggest risk factor for heart attack.

Women who smoke have up to six times the risk of heart attack compared to nonsmoking women. Cigarette smoke puts added strain on the heart because it causes vessels to constrict. Smoking causes your heart to beat faster, raising blood pressure and reducing blood flow and robs your heart and other tissues of vital oxygen.

Healthier eating promotes a healthier life

Eating a low-saturated fat, low-cholesterol diet can reduce your risk for heart attack. Eating saturated fat raises the level of cholesterol in your blood, which speeds the development of atherosclerosis. Your diet is one health habit you can control completely.

Get moving!


By making physical activity part of our lives, we can improve the way we look, feel and work. Physical activity can help lower your risk of a heart attack, control your weight and blood pressure and improve your bone density.

We may not have time to train for a marathon, but we do have time to increase the amount of physical activity in our daily routines.


Fifteen minutes of brisk activity twice a day is a place to start.

When you get moving, you're on your way to a healthier heart.

February is American Heart Month and a great time to assess your risk, make a few changes and get on the road to a healthier heart.

For more information about your heart and keeping it healthy, visit the American Heart Association at www.americanheart.org 

Fit To Be Tied

Does trying to find the perfect bra leave you knotted with stress? Like a good friend, a bra should offer support and comfort and make sure you leave the house looking great. Women everywhere are wearing the wrong bra without realizing they don't have to choose from just what's on the rack. Small and large breasted women routinely wear bras poorly suited to their body styles. Young women just beginning to develop a bustline often need help in finding a bra in the right size and style that provides appropriate support. Following breast surgery and during pregnancy, a properly fitted bra can make a world of difference, providing comfort, support and an improved self-image. Women's Health Boutique certified fitters are trained to assist you in finding a bra that's right for you. We carry fashion bras, bras for the hard-to-fit, maternity bras, nursing bras, mastectomy bras, sports bras and pre- and post-op lingerie. Women who have recently undergone breast surgery will find our fitters helpful in determining the proper size, shape, and style of prosthesis most suited to their lifestyles. For a free consultation, stop by a Women's Health Boutique near you. 



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Don't Be An Easy Target

When shopping, running errands or working late, awareness and situation recognition are the most important elements in avoiding, halting or defending against assault.

Awareness. Don't park in unlit or isolated areas. When exiting your car, note the vehicles next to yours and scan the area for anyone who might be observing you. Upon returning, scan the area again and have your possessions ready so you can enter your car quickly and lock your doors. If you see anything that alarms you, ask security to escort you to your car.

Situation Recognition. Trust your instincts. If someone attempts to approach you and you feel uncomfortable, tell that person to "stop" in a firm and confident voice. Maintain eye contact. In a situation where one or more individuals are hanging out, cross the street or take another route. Assaultants prefer unaware or intimidated targets. Don't be an easy target. 

