

Women's Health Talk



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New Year— New YOU!

Women's Health Boutique offers a comfortable, dignified and discreet alternative to shopping for health-related merchandise. We offer some of the newest and most innovative products and services with the compassion and heart of a close friend.

Fittings are done in private rooms with a certified fitter. Our professionally trained staff is patient, understanding and a valuable source of information.

Some of our products and services are covered by health insurance and Medicare. If your insurance covers the products you purchase, we'll help you complete the billing process.

Each of our beautiful boutiques provides a relaxed setting where you will feel comfortable and secure selecting personal and intimate health care products. The mission of Women's Health Boutique is simple:

To meet women's special needs and make a positive difference in the way women look and feel about themselves. We are committed to excellence through compassion. 

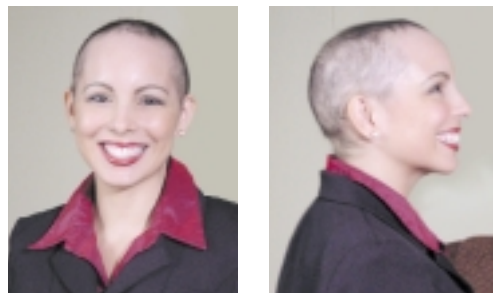
Blessing in Disguise

When Krystal Garcia was twelve years old, she noticed a bald spot between her bangs and the top of her head. She had always worn her dark brown hair long and loved to wear it in different styles. When her hair began to fall out in chunks, she was devastated.

Diagnosed with Alopecia Areata, she began to withdraw and avoided social situations that could be painful. She lost many friends, who were afraid that they might "catch" the affliction. Many of the kids at school circulated rumors and some were even afraid of her.

"I found out who my true friends were," she said.

With no real explanation for the hair loss, Krystal's parents took her to the doctor, to try to find the source for the hair loss. She tried "so many treatments," but instead of helping, they made it worse. Krystal gained weight because of the medications and felt like a "lab rat." With no cure in sight, Krystal resorted to wearing wigs to cover up the patchy baldness. "The wigs were terrible," said Krystal. They simply were not made for young people. "I felt like I was wearing a big old Chia Pet on my head," she said with a chuckle.



Before

Her parents watched her "hit rock bottom." Always supportive and loving, they pushed her back into the world. "They got me into modeling and pageants," said Krystal. They also encouraged her to talk about it, instead of pretending that it didn't bother her. She began to "find herself" all over again.



Now a graduate of The University of Texas at San Antonio, Krystal has regained her sense of self with a vengeance. After all, she says, "It's just hair." She has recently become a spokesperson for Women's Health Boutique, where she hopes she can help others to deal with their own challenges.

Continued on pg. 3

In This Issue...

- The Krystal Garcia Story
- Bra Q&As
- Do You Need a PMT?
- Keep a Food Diary

Bra Basics

Do I really have to wear a bra? The bra is the most important item of clothing a woman puts on in the morning. A great fitting bra that provides the proper support can enhance your appearance and your attitude. In some cases, having a properly fitted bra can make you look like you just lost 10 pounds.

Q. Can a poorly fitted bra lead to health problems?

A. Throughout a woman's life her breasts are affected by that insidious enemy — gravity. Without proper support, the ligaments can stretch leading to prolonged sagging. In some women the nutrient-rich blood flow can be impeded and the lymphatic system that carries toxic products from the breast cannot function as efficiently. Some women have experienced headaches, neck pain, back strain, and indentations in their shoulders because the weight of the breast wasn't properly distributed. With the right fit you can enhance your attractiveness and comfort while avoiding the ill-effects a poor fitting bra can have on your health and well-being.

Q. I wear a 38A. Why is this size so hard to find?

A. You fall into a manufacturer's difficult-to-fit size range. We suggest you wear a bra in a B cup but one size smaller and add an extender to the back of the bra. This size would approximate the fit you need. For example, to approximate size 38A, try size 36B plus an extender, and for size 40A, try 38B plus an extender, etc.

Q. What should I look for in a professional bra fitting?

A. Look for a store with friendly certified fitters. The store should offer a warm ambiance and private fitting rooms. Your fitter should be able to teach you about proper fitting and how to correctly wear your bra to get the proper support. She should be knowledgeable about what bra styles work well with each woman's unique body.

Come in today for a free consultation and enjoy the "Women's Health Boutique Experience." 



Reaching out to women everywhere...

Incontinence: End the Embarrassment


Urinary incontinence can result from childbirth, surgery, medication, trauma, overactive bladder or a number of other sources. Though significant strides have been made concerning diagnosis and treatment of incontinence, there are still millions of people who live in fear and shame without reason. Fortunately, there are more options and products available today to help women deal with incontinence. New products on the market not only absorb urine much more effectively, but also keep the skin dry for additional comfort. At Women's Health Boutique, we carry a variety of products especially designed for women with bladder control and stress incontinence.

The Athena Pelvic Muscle Trainer (PMT) is the first pelvic muscle exerciser to offer the benefits of patented wireless technology for unparalleled ease of use, and true affordability. The FDA-approved PMT automatically applies a gentle stimulation to the muscles of the pelvic floor, improving strength and tone. With regular use of just a few minutes each day, the PMT can effectively treat incontinence.

The PMT stimulates the same muscles as do kegels using small and safe electrical impulses. In effect, the PMT does your kegels for you. By removing the factors believed to be the major roadblocks in improving millions of cases of incontinence worldwide: namely the confusion of knowing which muscles to flex, and the inconvenience and mystery of building the pelvic floor muscle, the Athena PMT makes successful incontinence treatment as simple as inserting a tampon.



There are several solutions to assist you with incontinence. Working closely with your physician will help you decide the best action to take. You may have to consider medications, surgery, PMT or a combination of methods to find out what works for you. PMT is a non-surgical solution. Perhaps your physician would start with PMT and medication management. It just depends on your diagnosis and your level of commitment to the program.

With no wires, external tubes, or bulky devices, the Athena PMT is discreet, simple, and convenient. The Athena PMT is available by prescription, so talk to your doctor about it today. Call 888-708-9982 to order by mail or for questions. 

The First Step to a Healthier Diet: Keeping a Food Diary

“I hardly eat anything all day...why can't I lose weight?”

If you've ever heard yourself say this, you might consider keeping a food diary. Keeping a food diary will help:

- Heighten your awareness of when and how much you eat.
- Discourage spontaneous or stress snacking.
- Keep you on track with the food plan of your choice.

Getting Started

Write down everything you eat, even if it's a snack, taste or “nibble.” Some people are quite surprised at how many times they actually “pop” something into their mouths. When you write it down, you can really see your eating style. If you do not record it, you may forget to include that little mouthful in your calorie count for the day. Also include:

The Time You Eat

Write down the times of all your meals and all snacks.

What and How Much You Eat

This is often the hardest part to record in your food diary. Is that “scoop” of potatoes a half cup, a cup or two cups? The only way to know for sure is to measure. (One gal was shocked to learn that each “finger swipe” through the peanut butter jar was almost 100 calories!) Initially, you should measure with standard measuring equipment. Later on, you can learn to accurately eye-measure to make it easier to keep your food diary. Then periodically check your estimated portions to be sure they haven't “grown” to fit the plate, bowl or glass.

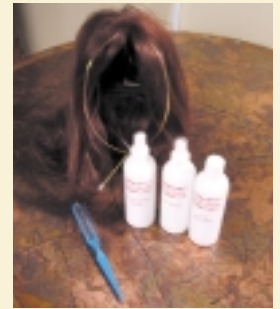
Other Information

Some people like to include information about how they are feeling when they eat, the people they ate with and where they ate. This is especially useful if you tend to stress eat, compulsively eat, or pick and snack throughout the day.

The food diary is your first step in establishing a regular food plan. It will be interesting—and probably surprising—to find out exactly what you eat, the amount you eat and the number of calories you consume every day. From here, you can create a plan that fits your lifestyle and your optimal weight. ♡

Continued from pg. 1

According to the National Alopecia Areata Foundation, hair loss can be partial or complete, and occurs sporadically. Many people, like Krystal, never lose all of their hair, but deal instead with patchy baldness. Krystal's hair is usually short, thin and fine and today, she finds creative wigs to make her own fashion statement.



WHB has wig accessories.

There are advantages to wearing wigs, says Krystal. “I never have a bad hair day, and it doesn't take me a long time to get ready to go out—my hair's already done.” Krystal can go from brunette, to redhead to blond, and even pink in a heartbeat. She even dyes her wigs with chunky highlights. “There are so many options available now, that weren't there when I was younger,” she said. Krystal says finding a wig at Women's Health Boutique is so much easier than in many other places. At WHB, she never hears, “They're over there. Go find one yourself.” The staff is well informed and understanding and the service is great. In addition, she says, they have so many styles and colors from which to choose. She also likes the fact that a person can try wigs on right in the middle of the store, or in private.

As a spokesperson for WHB, Krystal will be featured on the website, where she will field questions from other people afflicted with Alopecia Areata. To contact Krystal, e-mail her at dpitzenberger@iced.net

Take Back Your Social Life with HealthDri

If you or a loved one are among the millions of people who suffer from incontinence and it's preventing you from enjoying

a well deserved social life, Women's Health Boutique has the answer. The patented HealthDri incontinence brief offers you complete protection with the look, feel and care of regular underwear.

HealthDri garments are virtually indistinguishable from classic designs of men's briefs or ladies panties. However, they offer absorbency and protection, previously found only in disposable products. These one piece garments have no pads, but rather a unique patented moisture management design that rapidly takes moisture away from the skin, keeping it dry and reducing the possibility of irritation. Stop by one of our Women's Health Boutique stores or visit us online. We can help you get back onto the dance floor again! ♡



Will Insurance Providers Cover the Cost of Prosthesis or Post—Mastectomy Bra?

Many insurance companies will cover the cost of breast prosthesis and post-mastectomy bras if they have been prescribed by a physician. Breast cancer patients who wish to wear prosthesis and/or post-mastectomy bras should contact their insurance providers prior to purchasing these items to determine whether or not they are covered. As the prices of prosthesis and post-mastectomy bras vary significantly depending on the style, type, etc., patients should also determine whether their insurance provider has set a “price limit” for these items.

In some instances, women will need to purchase the prosthesis and post-mastectomy bras themselves, and submit the appropriate paperwork to their insurance providers for reimbursement. Other times, the manufacturer or retailer will bill the patient’s insurance company directly. Again, these matters should be discussed with the insurance company prior to a purchase. Some insurance companies may require patients to order products from a specific manufacturer or retailer.

At Women’s Health Boutique, we can help you determine your insurance reimbursement requirements for breast prosthesis and post-mastectomy bras. For more information, stop by or call the boutique nearest you. ♡

FREE SUBSCRIPTION OFFER

To receive a FREE subscription to *Women’s Health Talk*, 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, or visit our Web site:

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.

10%
OFF



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.

Expires 2/04

Reaching out to women everywhere...

