

# Women's Health



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# Welcome!

It is important that women take care of their bodies so they can prevent life threatening diseases, live longer, and enjoy life to the fullest. No matter what age you are healthy eating and regular physical activity is important and necessary for preventing diseases, maintain appropriate weight and helps you feel good about your body!



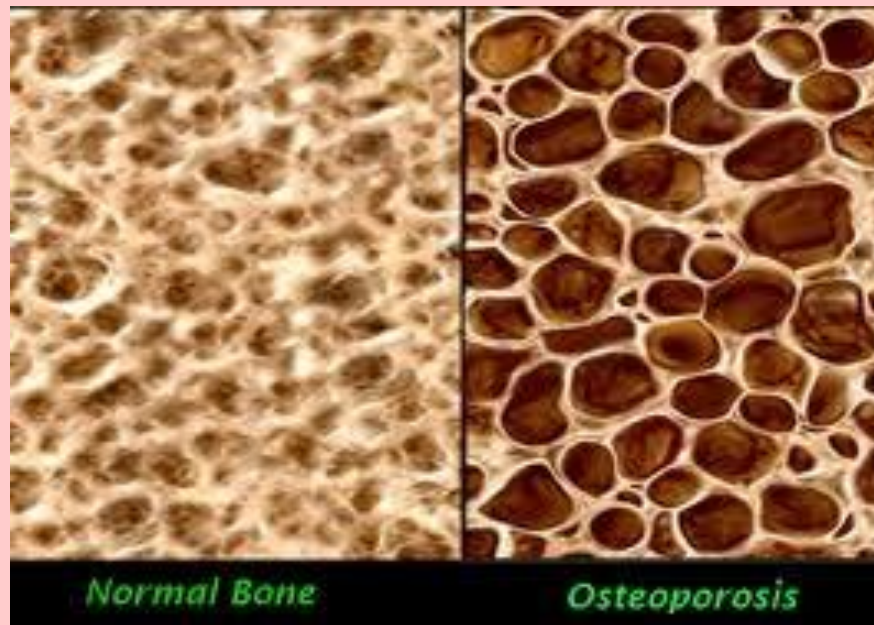
## Let's Talking About....

- Osteoporosis Nutrition
- Preventing Cardiovascular Disease
- Healthy Eating for Menopause
- Weight Loss and Fitness

# Osteoporosis Nutrition

## What is Osteoporosis?

- A silent disease
- Means 'porous bones'
- The thinning of bone tissue and loss of bone density over time



# Myth or Truth?

**Osteoporosis only affects the elderly.**

## **MYTH**

Osteoporosis can strike at any age. It is most common in woman after menopause however, young women are also at risk of developing osteoporosis. Bone loss in women can begin as early as age 25. Osteoporosis in young women is usually a result from an eating disorder, low body weight, or young women who stop menstruating.

**I drink lots of milk, so I won't get osteoporosis.**

## **MYTH**

Drinking milk is a great way to get calcium, however we know that calcium is not the only tool for preventing osteoporosis. There are at least 17 other nutrients that are important for bone health. In addition, there are other things people must do to prevent this disease, including getting regular exercise and making other healthy lifestyle choices like not smoking.

# Myth or Truth?

**I'll know when I have osteoporosis, and then I can do something about it**

## **MYTH**

People with osteoporosis are often symptom-free for many years. That is why it is called the "silent killer." In many cases, it is not until something serious happens, like a broken hip or spine that the problem is discovered. If your bones become so fragile that they break, the damage is quite advanced. You may not know it until it's too late.

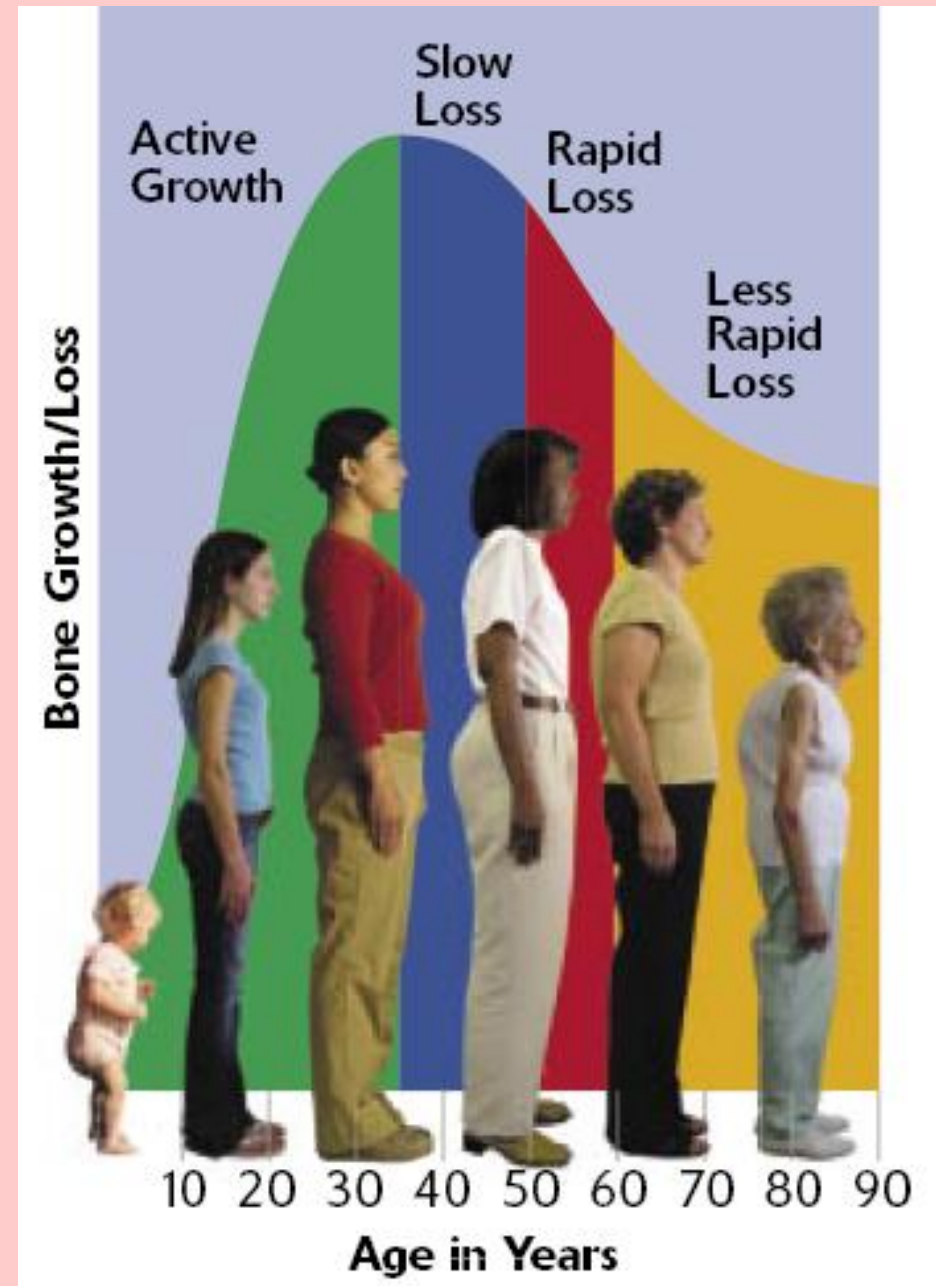
**Osteoporosis is very common, serious, and deadly**

## **TRUTH**

Osteoporosis is a major health problem, affecting 28 million Americans and contributing to an estimated 1.5 million bone fractures per year. This number is predicted to double over the next year. It is the most common bone disease. One in three women over 60 will experience osteoporotic fractures. Many hip fracture patients over the age 60 die in the year following their fracture or require long-term care after their injury.

After mid-30's, you begin to slowly lose bone mass. Women lose bone mass faster after menopause

Bones can weaken early in life without a healthy diet and the right kinds of physical activity.



# Risk Factors

- ✓ I'm older than 65
- ✓ I've broken a bone after age 50
- ✓ My close relative has osteoporosis or has broken a bone
- ✓ My health is "fair" or "poor"
- ✓ I smoke
- ✓ I'm not active
- ✓ I started menopause before age 45
- ✓ I've never gotten enough calcium
- ✓ I have more than two drinks of alcohol several nights a week
- ✓ I have poor vision, even with glasses
- ✓ I sometimes fall
- ✓ I am underweight for my height

# Risk Factors

## I have one of these medical conditions:

- ✓ Hyperthyroidism
- ✓ Chronic lung disease
- ✓ Cancer
- ✓ Inflammatory bowel disease
- ✓ Chronic liver or kidney disease
- ✓ Hyperparathyroidism
- ✓ Vitamin D deficiency
- ✓ Cushing's disease
- ✓ Multiple sclerosis
- ✓ Rheumatoid arthritis

## I take one of these medicines:

- ✓ Oral glucocorticoids (steroids)
- ✓ Cancer treatments (radiation, chemotherapy)
- ✓ Thyroid medicine
- ✓ Antiepileptic medications
- ✓ Gonadal hormone suppression
- ✓ Immunosuppressive agents

# Osteoporosis Nutrition

## Calcium

- 1000mg per day for pre-menopausal
- 1500mg per day for post-menopausal

**What are calcium rich foods???**



# Calcium Rich Foods

- Spinach: frozen, chopped or leaf, cooked, boiled, drained, without salt 1 cup = 291 mg
- Almonds 1 oz (23 nuts) = 75 mg
- Ice cream 1/2 cup = 85-100mg (will vary with brands and flavors)
- 2 cups of boiled broccoli = 124 mg.
- Total is fortified with calcium 1 cup = 300 mg
- Swiss cheese 1oz = 272mg
- Sardine, Atlantic, canned in oil, drained solids with bone 3 oz = 325mg
- Yogurt 6 oz = 350mg (will vary with brands and flavors)
- Canned salmon with bones 3 oz = 181mg

Eat at least **3-4** high calcium foods per day

# Calcium Supplementation

Look for the **elemental calcium** content, not the total content.

For instance, a pill containing 500mg of Calcium Carbonate provides 200mg of elemental calcium. One pill only provides 200mg of calcium, not 500mg.

Not all calcium we consume will be absorbed. The amount of calcium absorbed is dependent on a number of factors:

- The acidic condition in our intestines,
- Vitamin D level,
- Estrogen level
- Type of calcium supplement.

# Calcium Supplementation

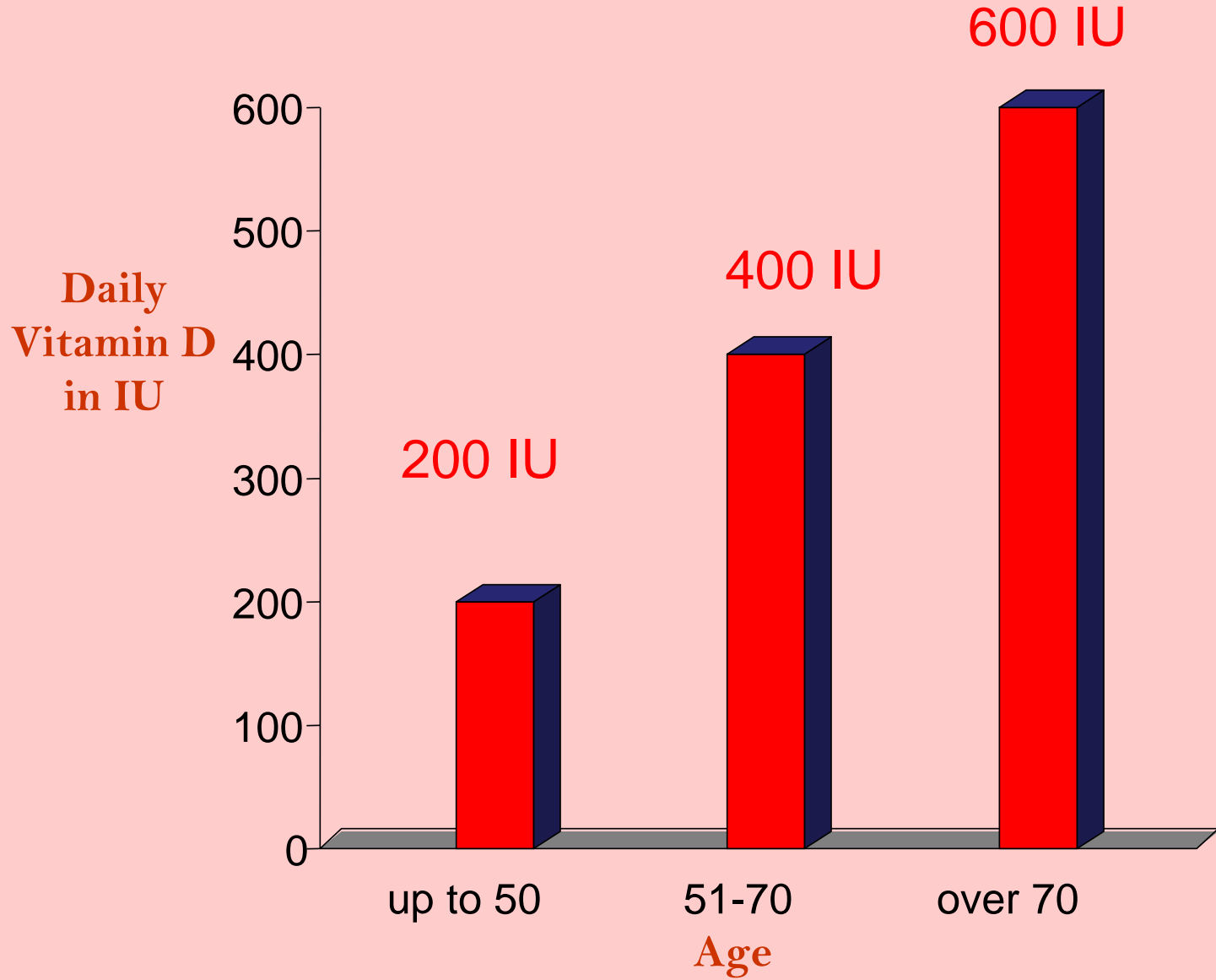
## Calcium carbonate

- Needs acid to dissolve and for absorption
- Less stomach acid as we age
- Often taken at meals
- Provides 40% elemental calcium per tablet
- Tums and Caltrate

## Calcium citrate

- Doesn't require stomach acid for absorption
- May be taken anytime
- May cost more
- Contains 21% elemental calcium per tablet
- Citracal and Solgar

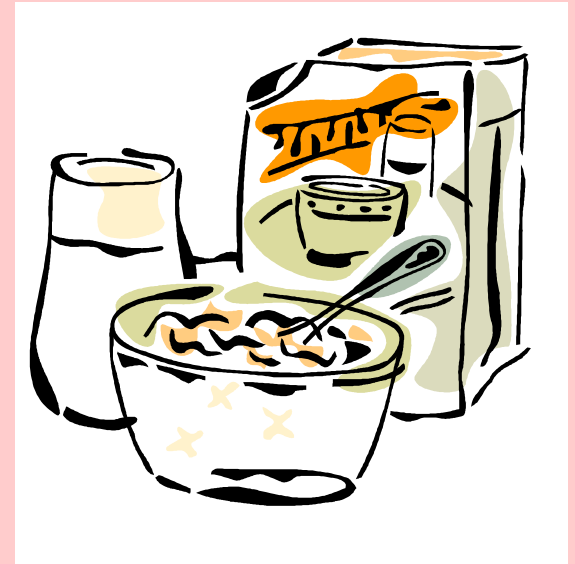
# Vitamin D Needs



# What about Vitamin D?

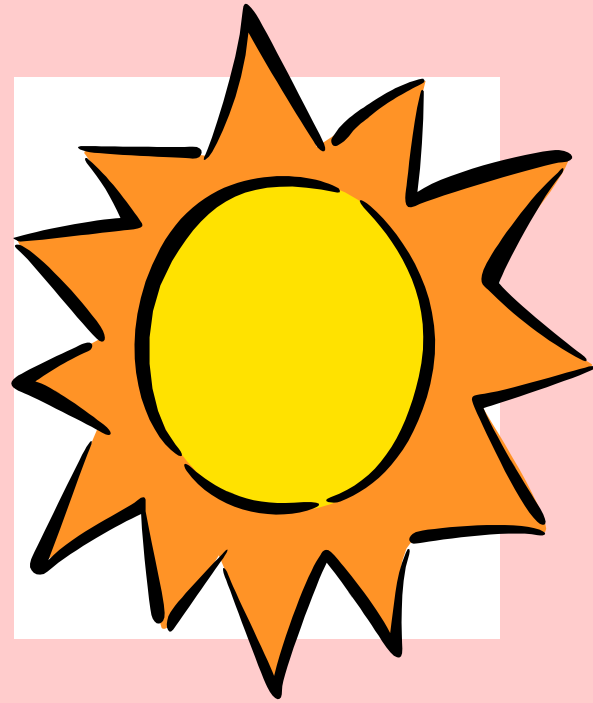
Main dietary sources of vitamin D are:

- Fortified milk  
(400 IU per quart)
- Some fortified cereals
- Cold saltwater fish



# Vitamin D from Sunlight

- Vitamin D is manufactured in your skin following direct exposure to sun.
- Amount varies with time of day, season, latitude and skin pigmentation.
- 10–15 minutes exposure of hands, arms and face 2–3 times/week may be sufficient (depending on skin sensitivity).
- Clothing, sunscreen, window glass and pollution reduce amount produced.



Vitamin D Supplements

# Steps for Prevention

**STEP 1:** Get your daily recommended amounts of calcium and vitamin D.

**STEP 2:** Engage in regular weight-bearing exercise.

**STEP 3:** Avoid smoking and excessive alcohol.

**STEP 4:** Talk to your doctor about bone health.

**STEP 5:** Have a bone mass density test and take medication when appropriate.





**Support your  
bones.  
They support  
you!**

# Weight Bearing Exercise

- Risk of osteoporosis is lower for people who are active, and especially those who do load weight-bearing activities at least three times a week.
- Muscle pulling on bone builds bone, so weight-bearing exercise builds denser, stronger bones
- The best exercises for building bone are weight-bearing exercises. weight-lifting, jogging, hiking, stair-climbing, step aerobics, dancing, racquet sports, and other activities that require your muscles to work against gravity. Swimming and simply walking, although good for cardiovascular fitness, are not the best exercises for building bone
- 30 minutes of weight lifting 3 x week

# Bicep Curls



# Triceps Kickbacks



# Shoulder Flies



# Back Rows



# Squats



# Lunges





**The Leading Cause of  
death for women in  
America is  
Cardiovascular  
disease**

# Cardiovascular Disease

- This is also the leading cause of death in postmenopausal women.
- While one in 30 women will die of breast cancer, 1 in 2.6 will die from  
CVD

# What is CVD?

CVD includes Hypertension, Coronary Heart Disease (CHD), stroke, rheumatic heart disease, and heart failure.

Atherosclerosis is the most common cause of CHD and most CVD





# What is Atherosclerosis?

**Atherosclerosis** is a build up of plaque in your arteries

**Arteries** are blood vessels that carry oxygen-rich blood to your heart and other parts of your body

**Plaque** is made up of fat, cholesterol and other substances found in the blood.

# How to prevent Atherosclerosis

1. Quit smoking
2. Decrease hypertension (restrict sodium in diet, medication)
3. Keep diabetes under control
4. Lower LDL (Consume a diet low in saturated fat and cholesterol)
5. Increase HDL (exercise)
6. Weight loss (if overweight or obese)

# What is Saturated Fat?

## **Saturated fat is:**

- The main dietary cause of high blood cholesterol.
- Found mostly in foods from animal sources and some plant sources.
- Solid at room temperature



# What is Cholesterol?

- **Cholesterol** is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells.
- Your liver produces Cholesterol, so it is normal to have cholesterol in your blood.
- Any animal products will also have cholesterol.



**Sort the foods into two piles:**

1 pile of high Saturated fat foods

+

1 pile of low saturated fat food

(Most of the high saturated fat foods  
are also high in cholesterol)

# ANSWERS

## High Saturated fat and Cholesterol

1. Butter
2. Chicken with skin, or any fatty cuts of meat
3. Sausage
4. Double cheeseburger, the meat, the cheese, and the bacon
5. Eggs
6. Whole milk
7. Sour cream
8. Muffins

### **The high Saturated fat (and not cholesterol) foods are:**

1. Coconut
2. Crisco

# ANSWERS

## LOW Saturated fat foods

1. white bread
2. pears
3. olive oil
4. canola oil
5. walnuts
6. salmon
7. broccoli
8. lettuce



# Let's Talk about Menopause

Menopause is a normal condition that all women experience as they age. The term menopause is commonly used to describe any of the changes a woman experiences either just before or after she stops menstruating, marking the end of her reproductive period.



# Eating for Menopause

A meal plan that will help prevent weight gain deal, with hot flashes, and protect your bones.

Get enough calcium

Pump up your iron intake

Get enough fiber

Don't forget about Vitamin D

Eat fruits and vegetables

Drink plenty of water

Reduce foods high in fat

Use sugar and salt in moderation

Limit alcohol intake

Be Physically Active!

# How to manage the Hot Flash

Avoid the following food items in your diet. Most women found these foods make hot flashes worse.

- Tea
- Coffee
- Alcohol
- Caffeine containing soft drinks
- Spicy foods
- Smoking



# Phytoestrogens

Phytoestrogens are a class of phytonutrients (isoflavones and lignans) that “act” like estrogen in the body. They resemble the body’s natural estrogen and temporarily act similar.

## Other Advantages:

- Calm the body’s cries for estrogen (thus relieving some menopausal symptoms)
- They do not raise the levels of estrogen produced in the body so they do not put women at greater risk for breast and other cancers
- Studies have also shown them to maintain bone and cardiovascular health.

So where do we go for the best nutritional sources of phytoestrogens? Found mainly in fruits and vegetables, a list of the best sources would include:

Apples  
Bananas  
Beets  
Carrots  
Celery  
Cherries  
Chickpeas  
Black Eyed Peas  
Cucumbers  
Dates  
Eggs  
Eggplant  
Flaxseed  
Lettuce  
Oats  
Olive Oil  
Onions

Oranges  
Papaya  
Parsley  
Peas  
Peppers  
Plums  
Pomegranate  
Potatoes  
Pumpkin  
Red Beans  
Rhubarb  
Rice  
Split Peas  
Strawberries  
Sunflower Seeds  
Tomatoes  
Yams



# Can Soy Help?

Soy contains phytoestrogens too!

The safest approach is to incorporate whole soy products such as soy milk or tofu in you diet.

The North American Menopause Society in 2000 recommended:

40 - 80mg of isoflavones daily may help relieve menopausal symptoms.




# Weight Loss

Weight is an outcome of the amount of calories we consume versus the amount of calories we burn off.

**Calories In=Calories Out**

Less calories In and more calories out lead to weight loss



A decorative vertical border on the left side of the slide, featuring a brown background with a white dotted line curving upwards. Small white flowers and brown leaves are scattered along the line.

**WHAT tips would  
you give to a friend  
to help them lose  
weight??**

# Healthy Eating Basics

- Women ages 30 + should eat 1 ½ -2 cups fruits/day
- Women ages 30 + should eat at least 2- 2 ½ cups of vegetables/day
- Exercise Daily for 30-60 minutes, 60-90 if overweight and trying to lose weight
- Eat more Fiber 25-35 g/day
- Drink plenty of fluids, eight 8 oz glasses/day
- Don't skip meals
- Have 2-3 snacks/day between 100-200 calories
- Pay attention to hunger and satiety cues

# The Hunger Scale

- 10: Stuffed. You are so full you feel nauseous.
- 9: Very uncomfortably full. You need to loosen your clothes.
- 8: Uncomfortably full. You feel bloated.
- 7: Full. A little bit uncomfortable.
- 6: Perfectly comfortable. You feel satisfied.
- 5: Comfortable. You're more or less satisfied, but could eat a little more.
- 4: Slightly uncomfortable. You're just beginning to feel signs of hunger.
- 3: Uncomfortably hungry. Your stomach is rumbling.
- 2: Very uncomfortable. You feel irritable and unable to concentrate.
- 1: Weak and light-headed. Your stomach acid is churning.

**Ideally you should begin eating at a 3 or 4 and stop at a 5 or 6.**

Questions? Comments?  
*Thank-you for coming!*

