

WELLNESS WATCH

Across the Lifespan, Across Indiana



MARCH

[Bleeding Disorders Awareness Month](#)

[National Colorectal Cancer Awareness Month](#)

[National Endometriosis Awareness Month](#)

[National Kidney Month](#)

[National Nutrition Month](#)

[Trisomy Awareness Month](#)

[National Sleep Awareness Week](#)
3/6 – 3/13

[National Women and Girls HIV/AIDS Awareness Day](#)
3/10

[World Kidney Day](#)
3/10

[Patient Safety Awareness Week](#)
3/13 – 3/19

[National Poison Prevention Week](#)
3/15 – 3/21

[National Native American HIV/AIDS Awareness Day](#)
3/20

[American Diabetes Alert Day](#)
3/22

March spotlight - National Colorectal Cancer Awareness



Colorectal cancer is the third most commonly diagnosed cancer and cause of cancer-related death among women in Indiana. In 2013, 1,527

Hoosier women were diagnosed with colorectal cancer and 539 died as a result of the disease.¹

Colorectal cancer is any cancer that starts in the colon or rectum. Sex and age are the two greatest risk factors for developing colorectal cancer. During 2009-2013, 49.5 percent of colorectal cancer cases diagnosed were among women. During this same time period, 90 percent of cases were diagnosed among Indiana residents ages 50 and older.

According to the U.S. Surgeon General's report, *The Health Consequences of Smoking – 50 Years of Progress*, smoking is a known cause of colorectal cancer. Smoking has also been shown to decrease the effectiveness of cancer treatment. In the last 50 years, a woman's risk of dying from smoking has more than tripled and is now equal to a man's risk.² In Indiana, the smoking rate for women is 21.5 percent, which is higher than the national average of 17.2 percent.^{3,4}

Additional risk factors include race, personal or family history of colorectal cancer or polyps, a personal history of chronic inflammatory bowel disease, certain inherited genetic conditions and being diagnosed with type 2 diabetes. In addition, modifiable risk factors — such as being overweight or obese, not getting enough exercise, eating a diet high in red or processed meat, and drinking alcohol have also been found to increase colorectal cancer risk.

During early stages of colorectal cancer there are no symptoms, which is why regular screenings are so critical. Late stage signs and symptoms include:

- Rectal bleeding
- Blood in stool
- Change in bowel habits

- Cramping pain in lower abdomen
- Weakness
- Extreme fatigue

According to the Centers for Disease Control and Prevention, at least 60 percent of colorectal cancer deaths could be prevented with regular screenings. There are several screening tests available, including simple take home tests. Screening doesn't have to be uncomfortable or expensive. It's important for women to talk to their doctors about which screening option is best.

The U.S. Preventive Services Task Force recommends colorectal cancer screening for adults ages 50-75 using one of the following tests:

- High-sensitivity fecal occult blood test (FOBT) – Once per year
- Flexible sigmoidoscopy – Every five years
- Colonoscopy – Every 10 years

For the FOBT and flexible sigmoidoscopy, if anything unusual is found, a colonoscopy is used as a follow-up test. Individuals who have an increased risk of developing the disease should talk to their health care provider about whether earlier or more intensive screening is needed.

Some behaviors that can help reduce your risk include:

- Regular screenings
- Avoiding tobacco products
- Maintaining a healthy weight throughout life
- Adopting a physically active lifestyle
- Limiting consumption of alcohol
- Consuming a healthy diet that emphasizes plant sources, supports a healthy weight, includes at least 2 ½ cups of a variety of vegetables and fruit each day, includes whole grains in preference to processed grains, and has minimal processed and red meats.

For more information on colorectal cancer, visit the Indiana Cancer Consortium website at www.IndianaCancer.org.



The Indiana Tobacco Quitline turns 10!

This March, the Indiana Tobacco Quitline (**1-800-QUIT-NOW**) celebrates its 10th anniversary helping Hoosiers overcome their tobacco addiction and live healthier lives. Since its beginning in 2006, the Indiana Tobacco Quitline (ITQL) has helped more than 114,000 tobacco users through its free phone counseling service in addition to its web-based service, Web Coach, and supplementary texting service, Text2Quit.

It is now more important than ever to help women quit smoking. In the last 50 years, a woman's risk of dying from smoking has more than tripled and is now equal to men's risk, according to the Centers for Disease Control and Prevention. In Indiana, one in five women smoke and the smoking rate for Indiana women is higher than the national average of 17.2 percent.⁵

The ITQL has also made an effort to provide special help for pregnant women who want to quit smoking. In Indiana, the smoking rate among pregnant women is 15.1 percent.^{6,7} Pregnant tobacco users who call the Quitline receive even greater intensity of behavioral support –10 calls instead of the traditional four calls. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse. More than 300 pregnant women were served by the ITQL in 2015.

Most women tobacco users want to quit. Each year, three out of five women who are current smokers make at least one quit attempt in a year.⁸ The ITQL can provide the extra support they need to make their quit attempts more successful.

The ITQL has also integrated and teamed with health care providers, employers and various organizations across the state, as part of the Quit Now Indiana Preferred Network, to ensure that tobacco users have multiple opportunities for Quitline services whenever they are ready. To date, there are more than 6,700 health care providers, employers and organizations participating in the Indiana Tobacco Quitline's Preferred Network. This is in addition to the 42 local tobacco prevention and cessation community based coalitions throughout the state working in their communities to support all tobacco users wanting to quit.

“There are many reasons to celebrate the Indiana Tobacco Quitline's 10-year anniversary and its impact for women tobacco users,” said Miranda Spitznagle, director for the Tobacco Prevention and Cessation Commission at the Indiana State Department of Health. “The Indiana Tobacco Quitline's goal ten years ago, and still to this day, is to help any tobacco user ready to quit, to improve the health of Hoosiers and reduce tobacco-related diseases and its burden on Indiana.”

For more information about the Indiana Tobacco Quitline (**1-800-QUIT-NOW**), please visit QuitNowIndiana.com.



Heart attack and women: Do you know the symptoms?



Every 90 seconds, a woman in the United States suffers a heart attack, but shockingly only half of women indicate that they would call 9-1-1, and many only after symptoms persisted for 30 minutes or more. Even fewer women are aware of the most common heart attack symptoms. If you experience one or all of the symptoms of a heart attack, it is critical that you call 9-1-1 immediately.

Common symptoms of a heart attack for women include:

- Chest pain or discomfort;
- Unusual upper body discomfort;
- Shortness of breath;
- Breaking out in a cold sweat;
- Unusual or unexplained fatigue (tiredness);
- Light-headedness or sudden dizziness; and
- Nausea (feeling sick to your stomach).⁹

If you know the symptoms and act quickly, there are medications and treatments that might be able to stop the heart attack and prevent or limit damage to your heart. Your risk of dying from a heart attack is cut in half if treatment is started within the first hour of experiencing symptoms, and by 25 percent if within three hours. You know your body best. If something is wrong, get help! For more information, visit <http://www.womenshealth.gov/heartattack/>.

Tips and Tricks: Healthy skin

- Wear sunblock on all exposed skin every day, even if it is cloudy or your skin does not usually tan or burn.
- Quit tobacco products.
- Avoid very hot or very long showers, which can remove needed moisture or oils from your skin.
- Clean your makeup brushes and applicators frequently.
- Avoid indoor tanning beds and sun lamps.
- Use mild cleansers on your skin and pat dry after washing or bathing.
- Eat foods that keep your body healthy, such as fruits, vegetables and whole grains.

Myths and Facts: Eating healthy

- ◇ **Myth:** As long as I skip a meal, I can eat whatever I want at my next meal.
- ◇ **Fact:** Skipping a meal can actually make you feel hungrier later, so you are more likely to end up overeating or eating healthier foods later in the day.
- ◇ **Myth:** Eating carbohydrates will make you gain weight.
- ◇ **Fact:** Carbohydrates are an important part of any diet, but like fats and sugars, if you eat too many of them, you will gain weight. The key to a stable weight is eating foods in balanced amounts.

Preventing poisonings saves Hoosier lives

National Poison Prevention Week, March 20 – 26, was established in 1961 to focus attention on the dangers of potentially poisonous medicines and chemicals, and to outline steps to prevent poisonings. Any substance can be harmful if used in the wrong way, by the wrong person or in the wrong amount, including household products and medications.

The toll-free Poison Help Line connects callers to their local poison center and is available 24 hours a day, 7 days a week. Poison centers are more than just help lines for parents of young children and they offer advice to anyone, including adults and health care providers. More than two million poisonings are reported each year to the nation's poison centers and about 50 percent of poisonings include children under

the age of six.

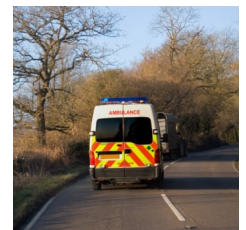
During National Poison Prevention Week, the ISDH encourages you to take simple steps to keep your family safe:

- Program the number for the Poison Help Line, **1-800-222-1222**, in your cell phone and put the number on or near every land line. Share the number with family, friends and caregivers.
- Store all medicines and products in original containers. Follow instructions on the packaging and return these products to a safe place immediately after use.
- Teach your children not to eat berries, mushrooms or other

plants around your house and yard.

- Only take prescription medications that are prescribed to you by a healthcare provider. Never take larger or more frequent doses of your medications unless indicated by your healthcare provider.

For a poisoning emergency, call the Poison Center experts immediately at **1-800-222-1222**. If you suspect a person may have been poisoned and is unconscious or has difficulty breathing, call 9-1-1.





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Thank you for subscribing to the Office of Women's Health (OWH) Wellness Watch Newsletter. The Office of Women's Health wants to ensure that each woman in Indiana is aware of her own health status, risks and goals, and can achieve optimal health through access, education and advocacy.

- For more information about OWH's programs and initiatives, please visit: <http://www.in.gov/isdh/18061.htm>.
- Follow OWH on [Twitter](#) at [@inwomenshealth](#).
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

Upcoming Events

American Lung Association

[Fight for Air Climb](#)

3/5

Happy Hollow Children's Camp

[25th Annual Under the Stars Gala](#)

3/5

Indiana Coalition against Domestic Violence

[ICADV Webinar: The Public Health Approach to Preventing Sexual Violence](#)

3/10

Timmy Global Health

["A Soiree de Salud"](#)

3/11

Indy Birth Alliance

[Postpartum Planning Workshop](#)

3/12

The Advancement Center

[2016 Great North Run & Fitness Fair](#)

3/12

Indiana Chamber

[2016 Indiana Safety and Health Conference & Expo](#)

3/21 – 3/23

Indiana State Department of Health

[Indiana Long Term Care Leadership Conference](#)

3/22

References

¹Indiana State Cancer Registry Statistics Report Generator. Accessed at www.in.gov/isdh/24360.htm on February 15, 2016.

²Centers for Disease Control and Prevention. Women and Smoking Fact Sheet. http://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/pdfs/fs_women_smoking_508.pdf

³Indiana State Department of Health. 2015 Indiana Adult Tobacco Survey.

⁴Indiana State Department of Health. Behavioral Risk Factor Surveillance System, 2014.

⁵Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. BRFSS Prevalence & Trends Data [online]. 2015. <http://wwwdev.cdc.gov/brfssprevalence/>.

⁶Indiana State Department of Health. 2014 Indiana Natality Report.

⁷Centers for Disease Control and Prevention. User Guide to the 2014 Natality Public Use File. Accessed 2/4/2016.

⁸2014 Indiana Behavioral Risk Factor Surveillance System

⁹Office on Women's Health. (2016). Make the call, don't miss a beat: Heart attack information for women. Retrieved from <http://www.womenshealth.gov/heartattack/>.