

WELLNESS WATCH

Across the Lifespan, Across Indiana



MAY

[Arthritis Awareness Month](#)

[Better Hearing and Speech Month](#)

[Healthy Vision Month](#)

[Hepatitis Awareness Month](#)

[Melanoma/Skin Cancer Detection and Prevention Month ®](#)

[Mental Health Month](#)

[National Asthma and Allergy Awareness Month](#)

[National Osteoporosis Awareness and Prevention Month](#)

[National Stroke Awareness Month](#)

[National Teen Pregnancy Prevention Month](#)

[Preeclampsia Awareness Month](#)

[National Women's Health Week](#)
5/8 – 5/14

[National Stuttering Awareness Week](#)
5/9 – 5/15

[HIV Vaccine Awareness Day](#)
5/18

May spotlight - Women's health, moms and tobacco

May is a month to celebrate mothers all over the world and to advocate for women's health. It is also a great time for moms to remember the important role they play in promoting smoke-free environments for their children. Unfortunately, tobacco use among women remains a serious problem; nearly 20 million women currently smoke, an estimated 200,000 women die every year from smoking and more than 86,000 kids have already lost their moms to smoking in the United States.¹ In Indiana, the smoking rate for women is 21.5 percent, which is higher than the national average of 17.2 percent.^{2,3}

Now more than ever, focus should be placed on helping women quit smoking. Smoking harms and kills both men and women, but women face unique and even greater health risks from smoking than men. Although death rates among female smokers were previously thought to be lower than among male smokers for lung cancer, chronic obstructive pulmonary disease and other tobacco-related diseases, the U.S. Surgeon General reported in 2014 that women's risk from smoking has risen sharply, and women who smoke are now as likely as men to die from many smoking-caused diseases.⁴ Researchers attribute this increase in large part to a convergence in smoking patterns among men and women since the 1960s, with women starting to smoke earlier in adolescence and smoking more heavily.⁵

Quitting smoking has numerous health benefits for women, including:

- Reduced risk of chronic diseases such as heart disease, cancer, chronic lung disease and stroke;
- Reduced risk of infertility among women of childbearing age;
- Increased energy levels and easier breathing;
- Among pregnant women, reduced risk of low

birth weight and premature birth.

The Indiana Tobacco Quitline (**1-800-QUIT-NOW**) offers free, evidence-based cessation treatment to help tobacco users quit and remain tobacco free. Pregnant tobacco users who call the Quitline receive even greater intensity of behavioral support. The treatment plan is tailored to meet their needs, and for those who quit, the Quitline offers additional postpartum contact to prevent relapse.

Women who are mothers can also play an important role in protecting their children from secondhand smoke and reducing the risk of smoke-caused health problems. Two out of every five children ages 3 to 11 are exposed to secondhand smoke in the United States.⁶ Tobacco smoke contains more than 7,000 chemicals and compounds, including hundreds that are toxic and at least 69 that cause cancer.⁷ Maternal exposure to secondhand smoke during pregnancy raises the risk of low birth weight, and both smoking during pregnancy and secondhand smoke exposure increase the risk of sudden infant death syndrome (SIDS).⁸ Secondhand smoke exposure also increases the chances that a child will suffer from coughs and wheezing, lower respiratory infections, acute and chronic ear problems and exacerbations of asthma.⁹

Mothers can protect their children from secondhand smoke by:

- keeping a smoke-free home and car;
- avoiding taking their children to any places where smoking is allowed;
- educating their children about the dangers of cigarette smoking.

The best Mother's Day gift a woman can give to herself and her family is a smoke-free life. Visit QuitNowIndiana.com for more information.



Straight talk: What you need to know about stroke

Stroke is a disease that impacts the arteries leading to and within the brain. When a blood vessel carrying oxygen and nutrients to the brain is blocked or bursts, the brain cannot get the blood it needs, resulting in the death of brain cells. While stroke is nearly 80% preventable, it kills nearly 129,000 people annually in the United States and is the fifth-leading cause of death.

There are three different types of stroke: ischemic, hemorrhagic and transient ischemic attack (TIA). Ischemic strokes happen when a blood vessel to the brain becomes blocked. It is the most common type of stroke. Hemorrhagic stroke occurs when a blood vessel ruptures. This type of stroke is often associated with uncontrolled high blood pressure. The final type of stroke is TIA, which is caused by a temporary blood clot. While the clots may be temporary, these strokes are still very serious warning signs of problems that need to be addressed urgently.

There are many risk factors for stroke, including:

- **Age** – Stroke risk doubles for each decade of life after age 55, though many people under age 65 also have strokes;
- **Family history** – Stroke risk is increased if a parent, grandparent, sister or brother has had a stroke;
- **Race** - African-Americans have nearly twice the risk for a first-time stroke and a higher death rate;
- **Gender** – Annually, women have more strokes than men and often have special stroke risks such as oral contraceptive use, pregnancy or a history of pre-eclampsia or gestational diabetes;
- **Prior conditions** – If you have already had a stroke or heart attack, including TIA, you are at a much higher risk of having a stroke.

If you think that you or a loved one are having a stroke, it is imperative that you call 9-1-1 immediately. Immediate intervention can minimize the long-term effects of the stroke and reduce the risk of death. It is important to know the warning signs and symptoms of a stroke. Remember **FAST** when responding to someone you think may be having a stroke – **F**ace drooping, **A**rm weakness, **S**peech difficulty and **T**ime to call 9-1-1. Other important stroke warning signs include:

- Sudden **numbness** or weakness of face, arm or leg, especially on one side of the body;
- Sudden **confusion**, trouble speaking or understanding speech;
- Sudden **trouble seeing** in one or both eyes;
- Sudden **trouble walking**, dizziness, loss of balance or coordination;
- Sudden **severe headache** with no known cause.¹⁰

For more information on stroke, symptoms, treatment and life after stroke, visit the [American Stroke Association](#).



Zika virus: Prevention is key



Many Hoosiers have heard recent news reports about the Zika virus. Zika virus is a tropical infection that is primarily spread through the bites of infected mosquitoes, though sexual transmission of the virus has been noted in a small number of cases. The virus can also be transmitted from a pregnant mother to her baby during pregnancy or around the time of birth. Zika has been associated with the birth defect microcephaly in infants exposed prenatally.

Currently, an outbreak of Zika virus has been occurring in Mexico, the Caribbean and Central and South America. If you plan to travel

to any of these areas, please review the [CDC's Zika virus travel notices](#). Currently, the virus is not being transmitted by mosquitoes in the continental United States. The risk of a Zika outbreak occurring in Indiana is currently thought to be low, but the Indiana State Department of Health (ISDH) is monitoring the spread of the virus and will immediately notify the public if the risk of an outbreak is increasing. While only about one in five people infected with Zika will become sick, symptoms of a Zika infection include,

- Fever
- Rash
- Joint pain

- Conjunctivitis (pink-eye)

See your healthcare provider if you develop any of these symptoms and you were exposed to Zika virus within the two weeks prior to your illness. Currently there is no vaccine to prevent Zika virus disease. The best way to prevent diseases spread by mosquitoes is to protect yourself from mosquito bites.

For more information on Zika virus, including prevention, symptoms, transmission, travel recommendations and research, visit the [ISDH Zika Virus information page](#) or the [Centers for Disease Control and Prevention](#).

Tips for spring cleaning

It is time to air out the house and get ready for summer. Follow these easy tips for quick and efficient spring cleaning:

- **Doormats** – The first line of defense against dirt in your home, doormats should be shaken so guests are not tracking in last year's dirt.
- **Carpets and upholstery** – Dirt and germs can be shampooed out of fabrics on furniture and the floor. Place waxed paper under table and chair legs to keep them dry while the carpet is drying.
- **Walls, cabinets and baseboards** –

Use a sponge, water and hand dish-washing detergent to wipe the dust and soot away from vertical surfaces. Remember to dry woodwork with a clean towel or cloth.

- **Ceiling fans and lights** – Use your vacuum or a cloth damp with vinegar and water to sweep away the dirt from hanging lights and fans.
- **Refrigerator** – Use a mixture of salt and soda water to get the inside of the refrigerator sparkling clean.
- **Window screens** – Use a scrap of carpet as a brush to remove dirt and leaves from window screens.

- **Drapes** – Remove drapes from their hooks and run them through the air-fluff cycle in your dryer along with a wet towel. Run for about 15 minutes and hang them back up immediately.
- **Shower heads** – Fill a plastic bag with cleaning vinegar and use a rubber band to secure it to the shower head. Let it soak and then remove the build-up with a scrub brush.
- **Pet hair removal** – Grab a rubber dishwashing glove, get it slightly damp and run your hand over the furniture. Hair should come right off.

Portion control: How much is too much?

For reaching and maintaining a healthy weight, a very important consideration is the portion size of the food you eat. Many people get confused about product serving sizes versus portion sizes. A serving size is listed on a food label and can vary from product to product. A portion size is how much food you eat at one time. Sometimes these match, and sometimes they do not. Serving sizes are not suggestive of how much food you should eat. They are simply a way of letting you know the calories and nutrients that are in a certain amount of food.

Research has shown that people will consistently eat more food when offered larger sized portions. So, if you are trying to lose weight and keep it off, watching your portion sizes is even more important. Some great tips to help manage portions include:

- When eating out, package up half of the meal in a “to go” box right away. Most restaurant meals can easily serve two people, or provide you with two meals.
- If eating in front of the television, put your food in a container to avoid over-eating from the package.
- If you feel hungry between meals, snack! Eating something small and healthy now is better than eating too large a portion later.
- When buying large packages of food, separate the contents into smaller containers to help avoid over-eating.¹¹

For more information on portion sizes, visit the [National Institute of Diabetes and Digestive and Kidney Diseases](#).

How Much Do YOU Eat?			
Use these everyday items to estimate the amount you eat.			
1 cup of fruit juice	1 small apple = 1 cup	1/2 cup of sliced fruit	2 cups Fruit Group
1/2 cup of carrots or other vegetables	10 medium peas, cooked or 1/2 cup	1 cup of raw vegetable	2 1/2 cups Vegetable Group
1 cup of milk	1 egg	1/2 cup of liquid margarine	3 cups or equivalent Milk Group
2-3 oz. of meat, poultry or fish	1 tablespoon of peanut butter counts as 1 oz	1/2 cup of beans counts as 2 oz	5 1/2 ounces or equivalent Meat & Beans Group
1 cup of cooked pasta = 1 oz	1 cup of dry cereal = 1 oz	1 slice of bread counts as 1 oz	6 ounces or equivalent Grains Group



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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: www.womenshealth.isdh.in.gov.
- Follow OWH on [Twitter](#) at [@inwomenshealth](#).
- Follow this link to manage your subscription or to subscribe to the [OWH Wellness Watch Newsletter](#).

Upcoming Events

OneAmerica
[40th Running of the OneAmerica 500 Festival Mini-Marathon](#)
5/7

Healthy Communities of Clinton County Coalition
[Celebrating Clinton County Women health/screening event](#)
5/9 (10 a.m. – 2 p.m., Downtown Veteran's Park, Frankfort, IN)

New Hope Services, Inc. / Indiana WIC
[Spring into Health event](#) -
5/10 (11 a.m. – 3 p.m. at Kid's Place - 1642 McClain Ave.
Scottsburg, IN)

IU Health / Postpartum Support International / Indiana Perinatal Network
[Perinatal Mood & Anxiety Disorders Certificate Training:](#)
[Perinatal Mood Disorders: Components of Care](#)
5/12 – 5/13

Lupus Foundation of Indiana
[End Lupus Now 5K and Walk to End Lupus Now](#)
5/14 (Crown Point, IN)

Indiana State Department of Health
[IPAC Conference: Inspiring Innovations in Injury Prevention](#)
5/19

AWS Foundation
[Seventh Annual disABILITIES Expo \(Allen Co.\)](#)
5/21

Indiana Rural Health Association
[IRHA Opioid Symposium](#)
5/24

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- ¹¹Centers for Disease Control and Prevention (CDC). 2015. How to avoid portion size pitfalls to help manage your weight. Retrieved from http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html.