

Women's Wellness Quarterly

NCoEWH Update

By: Elizabeth "Betty" Critch

The National Center of Excellence in Women's Health kicked off the summer with our first Women on Wellness (WOW) retreat in Preston County, June 11th at the 4-H Camp in Bruceton Mills. It reached mothers and daughters and women of all ages. WVU's First Lady, Beth Clements, joined by her 16 year old twin daughters, gave the welcome to the 55 participants. Thanks to Linda Lilly of the Preston County Family Resource Network for championing this effort. WOW was back in Marion County July 30th; 137 women attended the event at Heston Farm.

Evaluations indicated that more than 90% of WOW participants were inspired and motivated to make healthy lifestyle changes. Visit www.wowicandoit.com for photos and more information about the WOW program.

During the spring, staff presented at the WV Social Workers Conference, a national Business Health Administrators Conference in Boston, and at the US Public Health Service Symposium in New Orleans. Our Center is noticed on the state and national level.

Three WOW retreats are planned for 2012: Mingo County, May 5th ; Greenbrier County, June 16th; and Marion County, July 21st. Community Partnerships are planning these events. To join one of these teams or for more information, call 304-293-2895.

Our Community Advisory Network (CAN) meetings provide an opportunity to share women's health related events and resources in your community with people across the state. During our September 14th meeting, Gina Sharps, RDH, spoke on "The Rotten Truth about Oral Health in WV". **All are invited to attend the next CAN December 8th at 9am, WVU HSC Room 3067**, which will focus on Women's Heart Health. **To attend remotely email wvhealthywomen@hsc.wvu.edu.**

We are working hard to empower women by celebrating and promoting their health. Please share with us activities you and your organization are planning. Please visit, and like us, on Facebook at <http://www.facebook.com/wowicandoit>.

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Special points of interest:

- See tips for healthy eating using Myplate.gov inside!
- Join us for our Next CAN Dec. 8th to discuss Women's Heart Health!
- New App Helps Women track Signs of Ovarian Cancer!

National Center of Excellence in Women's Health Team



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Upcoming Events

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|------------|--|--------------|--|
| October 29 | American Heart Association Greater Morgantown Heart Walk
Milan Puskar Stadium
9am Registration, 10am Start
For more information contact Jenn Hasse (412) 208-3561 or email jenn.hasse@heart.org | Nov 17 | World Prematurity Day. March of Dimes will hold their annual press conference to release West Virginia's 2011 Premature Birth Report Card at the WVU Health Sciences Center. |
| Nov 11 | WV School & Community-Based Oral Health Conference
http://wvde.state.wv.us/healthyschools/ | December 1-2 | WV Perinatal Partnership Annual Summit in Charleston, WV.
http://www.wvperinatal.org |
| Nov 17 | Great American Smokeout
www.cancer.org has tools to help smokers make a quit plan (cigarette cost calculator, print resources) | Dec 8 | Community Advisory Network Meeting
Women's Heart Health
WVU Health Sciences Center, Rm 3067
at 9- 10:30am. |

November is Lung Cancer Awareness Month

More women in the U.S. die from lung cancer than any other type of cancer. Nearly four out of every five lung cancer deaths in women in this country are due to smoking. The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke. You can also reduce your risk of lung cancer by avoiding other people's smoke and testing your home for radon gas.

Affordable Care Act Ensures Women Receive Preventive Services at No Additional Cost

Historic new guidelines that will ensure women receive preventive health services at no additional cost were announced by the U.S. Department of Health and Human Services (HHS). Developed by the independent Institute of Medicine, the new guidelines require new health insurance plans to cover women's preventive services such as well-woman visits, breastfeeding support, domestic violence screening, and contraception without charging a co-payment, co-insurance or a deductible.

Previously, preventive services for women had been recommended one-by-one or as part of guidelines targeted at men as well. As such, the HHS directed the Institute of Medicine (IOM) to, for the first time ever, conduct a scientific review and provide recommendations on specific preventive measures that meet women's unique health needs and help keep women healthy. The IOM's report relied on independent physicians, nurses, scientists, and other experts to make these determinations based on scientific evidence.

Women will now have access to a full range of recommended preventive services without cost sharing, including well-woman visits, screening for gestational diabetes, human papillomavirus (HPV) DNA testing for women 30 years and older, sexually-transmitted infection counseling, human immunodeficiency virus (HIV) screening and counseling, FDA-approved contraception methods and contraceptive counseling, breastfeeding support, supplies, and counseling, and domestic violence screening and counseling. New health plans will need to include these services without cost sharing for insurance policies with plan years beginning on or after August 1, 2012.

For more information on the HHS guidelines for expanding women's preventive services, please visit: <http://www.healthcare.gov/news/factsheets/womensprevention08012011a.html>. The guidelines can be found at: www.hrsa.gov/womensguidelines/.

To learn more about the Affordable Care Act, please visit www.healthcare.gov.

November 2nd is the American Heart Association's Start Eating Healthy Day! To view a Holiday Healthy Eating guide go to <http://www.startwalkingnow.org/starteatinghealthyday>

Tips for a Great Plate with ChooseMyPlate.gov

Start eating healthy by making changes in these 3 areas:

Balancing Calories

- Enjoy your food, but eat less
- Avoid Oversized portions

Foods to Increase

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low-fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals– choose foods with lower numbers
- Drink water instead of sugary drinks





Breast Health

Breast cancer is one of the most common cancers that women may face in their lifetime. It can occur at any age, but it is much more likely after age 40 and the risk goes up as you get older. Because of certain factors, some women may have a greater chance of having breast cancer than others. But every woman should know about breast cancer and what can be done about it.

What you can do

The best defense is to find breast cancer as early as possible -- when it is small, has not spread, and is easier to treat. Finding breast cancer early is called "early detection." The American Cancer Society recommends the following for early detection:

- Women should have mammograms each year starting at age 40 and continuing for as long as they are in good health.
- A breast exam by a doctor or nurse should be part of a regular health exam and should be done at least every 3 years for women in their 20s and 30s and every year for women 40 and older.

Women should know how their breasts normally look and feel and report any breast change to a doctor right away. Breast self-exam (BSE) is an option for women starting in their 20s. The American Cancer Society recommends that some women -- because of their family history, a genetic tendency, or certain other factors -- be screened with MRI along with mammograms. Talk with your doctor about your history and the best screening plan for you.

For more information, please call 1-800-227-2345 or see [Breast Cancer: Early Detection](#) at www.cancer.org.

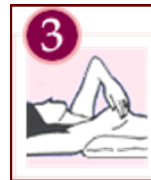
How to Do a Breast Self -Exam

Taking a few minutes to do a breast self-exam a minimum of once a month can make a lifetime of difference.



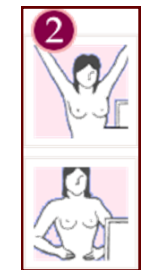
1 In the Shower

Fingers flat, move gently over every part of each breast. Use your right hand to examine the left breast, left hand for the right breast. Check for any lump, hard knot, or thickening. Carefully observe any changes in your breasts.



3 Lying Down

Place a pillow under your right shoulder and put your right arm behind your head. With the fingers of your left hand flat, press your right breast gently in small circular motions, moving vertically or in a circular pattern covering the entire breast. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.



2 Before a Mirror

Inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour of each breast, a swelling, a dimpling of the skin, or changes in the nipples. Then rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do.

December 1st is World AIDS Day

Started on 1st December 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. World AIDS Day is important for reminding people that HIV has not gone away, and that there are many things still to be done. HIV today is a threat to men, women and children on all continents around the world. You can find various events and student organizations on WVU's campus that support this cause annually. What can you do to help support this cause?

- Wear a red ribbon to raise awareness
- Raise money for AVERT <http://www.avert.org>
- Visit booths in the Mountainlair and attend on-campus events raising awareness



20 Years of Screening Women and Saving Lives

CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) reaches all 50 states, 5 U.S. territories, the District of Columbia, and 12 American Indian/Alaska Native tribes and tribal organizations. The program offers free and low cost services to aid the fight against breast and cervical cancers. It places a special focus on addressing the disproportionately low screening rates among minority women and those who are low-income, uninsured, and underinsured. The NBCCEDP has served more than 3.9 million women, providing more than 9.8

million breast and cervical cancer screening examinations. Funded programs have diagnosed more than 52,694 breast cancers, 2,856 invasive cervical cancers, and 136,837 premalignant cervical lesions. Beyond providing direct screening and diagnostic services, NBCCEDP promotes public and professional education and supports patient case management. To receive NBCCEDP screenings and other services, Federal guidelines require a woman to be underinsured or uninsured, and at or below 250 percent of the federal poverty level. They also must be

between the ages of 40 and 64 for breast cancer screening, and 18 and 64 for cervical cancer screening services. An estimated 8 to 11 percent of women throughout the U.S. are eligible to receive services. To find out if you qualify for free or low-cost mammograms and Pap tests, contact your local program.

Breast & Cervical Cancer Screening Program — West Virginia DHHR
350 Capital Street, Room 427
Charleston, WV 25301-3714
1 (800) 642-8522
(304) 558-5388 (in state)

Bonnie's Bus Mobile Mammography Program
<http://www.wvucancer.org/bonnie>

The CoEWH is participating in the American Heart Association's Greater Morgantown Heart Walk October 29th at 10am at Milan Puskar Stadium! The Heart Walk promotes importance of exercise as part of a heart-healthy lifestyle while raising funds to continue vital research leading to the latest treatments for cardiovascular disease. Please support us with a donation or join our team to help build healthier lives free of heart disease and stroke. Visit our team page at <http://heartwalk.kintera.org>



New App Helps Women Track Signs of Ovarian Cancer

There is a new tool that helps women track the symptoms of ovarian cancer!

The new Ovarian Cancer Symptom App is available free of charge from the Ovarian Cancer National Alliance Website. <http://www.diary.ovariancancer.org>

The app asks a woman a few questions about risk factors, like whether her family has a history of breast or ovarian cancer. She can then log in and record symptoms that research shows are common with this disease:

- bloating
- pelvic or abdominal pain
- difficulty eating or feeling full quickly
- urinary symptoms (urgency or frequency)

A woman using the Ovarian Cancer Symptom Diary App can email herself a report summarizing her risk profile and recorded symptoms--a useful tool when visiting her doctor to discuss ovarian cancer.

The hope is that this app will help women be diagnosed as early as possible, potentially saving their lives.

This project was funded by Genentech and Nektar.

Community Advisory Network (CAN) Summary

September 14, 2011

Keynote Speaker: Gina Sharps, RDH from the Department of Dental Practice & Rural Health, WVU School of Dentistry.

You can find her complete slide show presentation with audio as well as her bio featured on the wvhealthywomen.org website

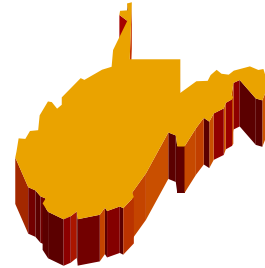


The Rotten Truth about Oral Health By: Gina Sharps, RDH

Oral health is a key part of overall health and well-being across the lifespan. Unfortunately, the Centers for Disease Control, reports that WV has the highest rates of total tooth loss for those 65+ among all states at 43.0% (CDC BRFSS 2004). Additionally, over the past few years, many research studies have demonstrated that periodontal

(gum) disease is a potential risk factor for a number of general diseases. Research has identified gum disease as a possible risk factor for heart and lung disease, diabetes, premature and low birth-weight babies, and a number of other conditions. If left untreated, poor oral health can increase the risk of developing potentially life-threatening diseases, which are responsible for the deaths of millions of

Americans each year including West Virginians! This program featured a snapshot of the importance of oral health and highlighted resources available to participants.



Updates from Around the State

The **WV Perinatal Partnership** has a new project that will help support comprehensive services for pregnant women with substance abuse problems. The Drug Free Moms and Babies Project, funded through a collaborative effort between the Benedum Foundation and DHHR's Bureau of Behavior Health and Health Facilities and the Office of Maternal, Child and Family Health will provide support for up to four pilot sites around the state. A request for proposals has been released. More information, including an application can be found at www.wvperinatal.org.

This month, **Planned Parenthood** launched the "Put Prevention First" campaign in Monongalia and Marion counties. The "Put Prevention First" campaign began in the spring of 2010. A movement has been building in Harrison, Kanawha and Wayne counties. The movement is building in Monongalia and Marion now. Volunteers are needed in either Morgantown or Fairmont to host a small gathering of their friends to write handwritten letters to state senators and delegates. Sample letters, background information, and assistance is provided. Anyone interested in either of these women's health advocacy opportunities or in learning more about Planned Parenthood's women's health advocacy efforts in West Virginia, can contact Kira Miskimmin, West Virginia Public Affairs Coordinator for Planned Parenthood Health Systems, at 304-989-3820 or kira.miskimmin@pphsinc.org

Right From the Start (RFTS) implemented a new Statewide, evidence based curricula, *Partnering for a Healthy Baby*. RFTS staff and Regional Care Coordinators received training earlier this year at Florida State University and conducted training for all the Designated Care Coordinators in early summer.

Maternal, Child and Family Health and the WV Department of Education worked together to create a teen pregnancy prevention plan. This plan includes strategies to request county approved curriculum that requires the teaching of comprehensive and medically accurate sexuality education and support for Health Educators to engage in ongoing professional development to build expertise and competence in the delivery of the content standards and objectives related to sexual health and behaviors.

The proposed **ABLE Act** allows for parents of children/adults with disabilities to set up a tax free account. Monies in this account can be used to supplement, but not supplant a person's SSI income and pay for things like dental care, dentures, vision care, and glasses that are not covered under Medicaid, until the person turns age 21. The original bill was introduced in to the House by Rep. (R) Ander Creshaw from Florida, but has never been considered by Congress. Advocates can contact his Washington, D.C. office directly by calling 202-225-2501. The contact person is Ms. Jennifer Debes. Should anyone want to review this bill, they may contact Mary Ellen Zeppuhar, Assistant Director for Pre-service Education, WVU Center of Excellence in Disabilities at 304-293-4692 or mzeppuhar@hsc.wvu.edu

SAVE THE DATE! Our Next CAN Meeting is December 8th at 9am, WVU HSC North Room 3067. The topic is Women's Heart Health. To attend remotely email wvhealthywomen@hsc.wvu.edu.

Suggestions for future CAN topics can be emailed to Elaine Bowen at Elaine.bowen@mail.wvu.edu.



National Center of Excellence in Women's Health Providers

West Virginia University's OB/GYN center is proud to be designated as a National Center of Excellence in Women's Health. For appointments please call (304) 598-4880 or the Cheat Lake Office at (304) 594-1313. For a complete listing of OB/GYN providers visit <http://medicine.hsc.wvu.edu/obgyn/Patient-Care>.

Other NCoEWH Specialty Care providers include:

Laura Davisson, MD, Clinical Director	<i>Women's Healthcare</i>	304-598-4850
Danny Bonner, MS	<i>Human Performance-Exercise Physiology</i>	304-293-5497
Claudette Brooks, MD	<i>Neurology; Stroke</i>	304-598-6127
Elizabeth Cohen, MSW, LICSW	<i>Mental Health & Wellness</i>	304-598-6868
Pam Courtney, BC, WHNP	<i>Women's Healthcare</i>	304-598-4880 or 304-594-1313
Kassandra Katona, PA-C	<i>Cardiology, WVU Heart Institute</i>	304-598-4478
Mary Ann Long, MD	<i>Family Medicine</i>	304-598-4850
Krystal Thomas, DPT, MS, PT	<i>Women's Physical Therapy</i>	304-594-1313
Colleen Watkins, MD	<i>Orthopedics; Rheumatology</i>	304-598-4830
Stanley Zaslau, MD	<i>Cancer; Oncology; Urology; Incontinence; Urogynecology</i>	304-598-4890

West Virginia University National Center of Excellence in Women's Health

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Healthy Women, Healthy Families, Healthy West Virginia

To join our mailing list or to share events, resources, articles, or networking opportunities through our newsletter, please email your information to wvhealthywomen@hsc.wvu.edu



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www.wvhealthywomen.org

West Virginia University Robert C. Byrd Health Sciences is proud to be one of 20 nationally designated National Centers of Excellence in Women's Health. This designation is awarded by the US Department of Health and Human Services (DHHS) Office of Women's Health. West Virginia University (WVU) joins institutions such as Harvard University; University of California, San Francisco; Boston University Medical Center; and the University of Illinois at Chicago, among others. More than prestige, the designation reflects the quality and scope of care, research, and education we offer at WVU and gives us an opportunity to build on that foundation and enrich the lives of the women in West Virginia.