

Women's Health Issues





KAISER PERMANENTE®

**GROUP CLASS
CONFIDENTIALITY AGREEMENT**

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

Important Disclaimer

- The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.
- Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.
- Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

About Your Instructor

- Cheryl Mirabella
- Health Educator

Agenda

What are the leading causes of death among women?

How can you reduce your risk?

How can I move from awareness to action?

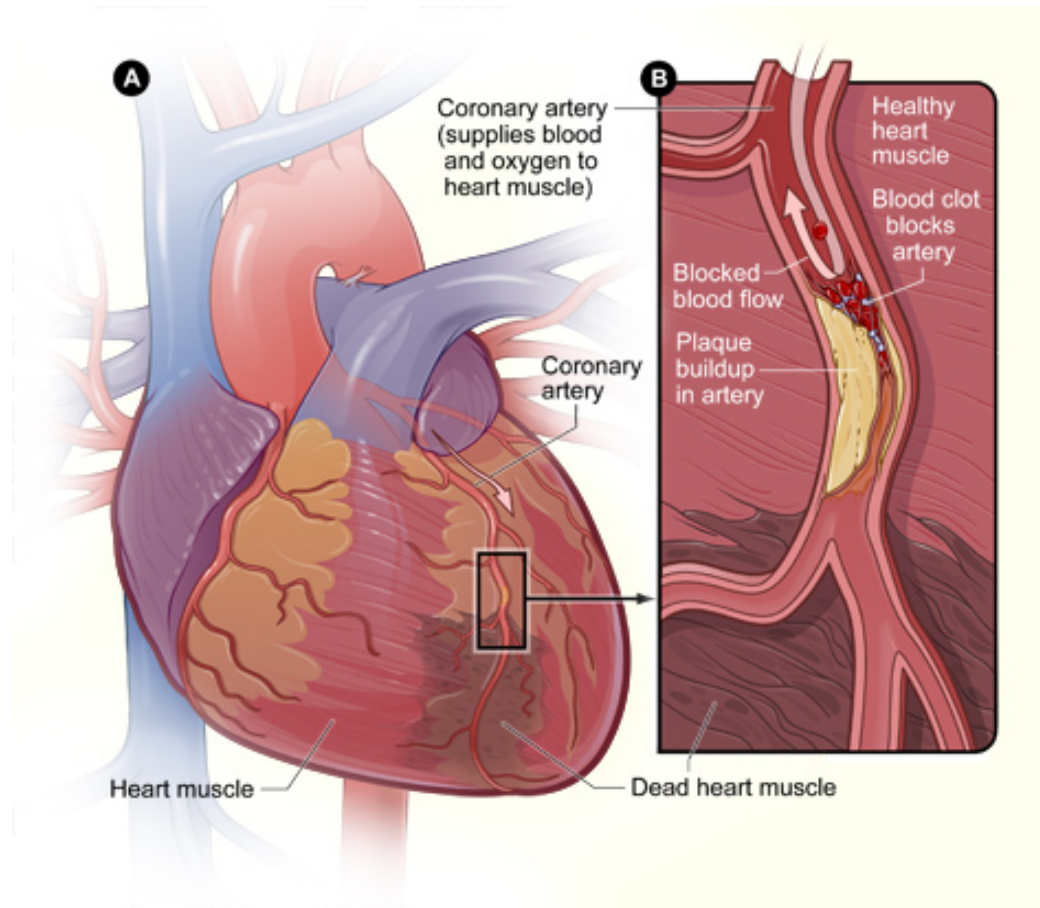
Kaiser Permanente Resources

Leading Causes of Death Among Women in

Disease	Percentage
Heart Disease	23.5%
Cancer	22.1%
Stroke	6.2%
Chronic Lower Respiratory Diseases	5.9%
Alzheimer's Disease	4.7%
Unintentional Injuries	3.6%
Diabetes	2.8%

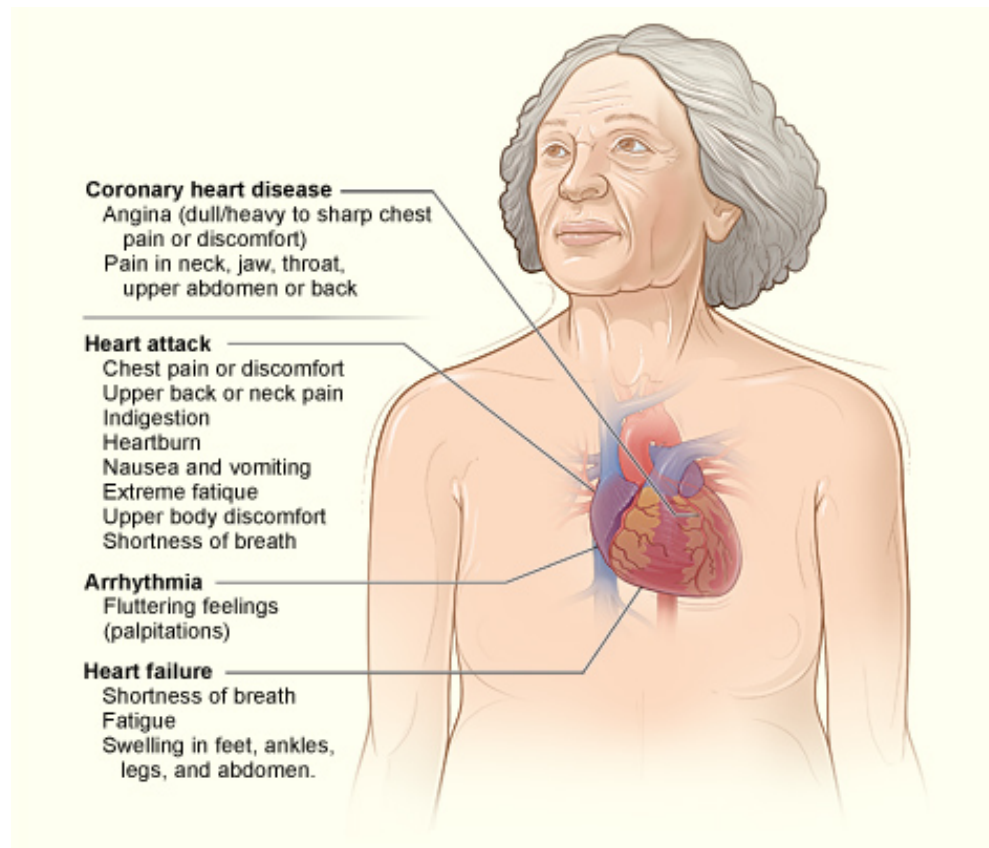
Source: <http://mchb.hrsa.gov/whusa13/health-status/health-indicators/p/leading-causes-death.html>

Coronary Heart Disease (CHD) in women



Source: National Heart, Lung and Blood Institute, available at <http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/>, last visited 6/30/14.

Coronary Heart Disease (CHD) in women



Source: National Heart Lung and Blood Institute, available at <http://www.nhlbi.nih.gov/health/health-topics/topics/hdw/signs.html>, last visited 6/30/14.

CHD Risk Factors in Women

■ Controllable

- Smoking
- High Blood Cholesterol and Triglycerides
- High Blood Pressure
- Diabetes
- Overweight and Obesity
- Birth Control Pills
- Physical Inactivity
- Unhealthy Diet

■ Non-Controllable

- Age and Menopause

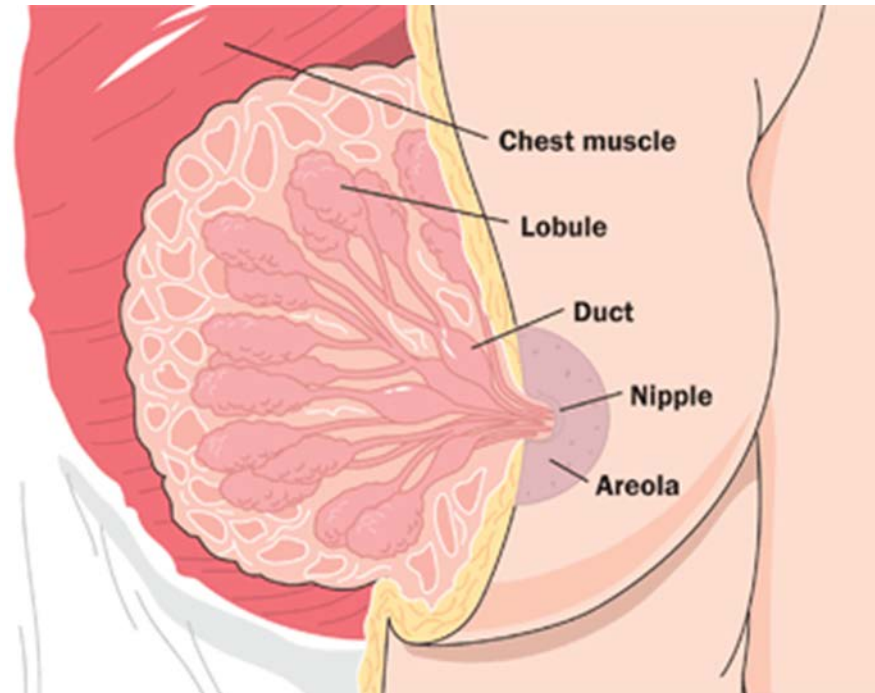


What You Can Do To Reduce Your Risk of Heart Disease

- Quit Smoking
- Eat A Healthy Diet
- Lose Excess Weight
- Be Physically Active
- See Your Doctor



Breast Cancer in Women



Source: Office on Women's Health, U.S. Dept. of Health and Human Services, available at <http://www.womenshealth.gov/breast-cancer/what-is-breast-cancer/index.html>, last visited 6/30/14.

Breast Cancer in Women

- The chance of a woman having breast cancer is a little less than one in eight.
- Symptoms include:
 - New lump
 - Nipple discharge
 - Redness
 - Change in breast tissue



Breast Cancer Risk Factors

- Female gender
- Increasing age
- Having changes in BRCA1 and BRCA2 genes
- Family history
- Personal history of breast cancer

Cervical Cancer

- Human Papillomavirus (HPV) is the main cause
- All women are at risk
- Symptoms include:
 - Vaginal bleeding
 - Unusual vaginal discharge
 - Pelvic pain
 - Pain during sexual intercourse

What You Can Do to Reduce Your Risk of Breast and Cervical Cancers

Stay Healthy



What You Can Do to Reduce Your Risk of Breast and Cervical Cancers

- Find cancer early
 - Breast Cancer Screening
 - Ages 50 to 74 → screening mammography every 1 to 2 years
 - Talk to your doctor about your need for a mammogram if you are younger than 50 or older than 74.
 - Cervical Cancer Screening
 - From ages 30-64 have a pap and HPV test together every 5 years.



Thinking About It...

- What are some reasons for making lifestyle changes to reduce my risk of heart disease and breast and cervical cancers?



Thinking About It...

- What are some reasons for keeping things the same, and not making changes?



Thinking About It...

- What one change might I *consider*?



Readiness Ruler



Not ready

Ready

Ask Yourself...

- 0-3
 - What would need to happen for me to consider this in the future?
- 4-6
 - What might be my next steps?
- 7-10
 - What's my plan? What will help me be successful?

Make the Call, Take the Call

The State of Maryland Wellness Program offers free confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



*Healthy weight
Managing stress
Physical activity
Eating healthy
Quitting tobacco*



Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

Health Education Centers & Classes

- Commit to Quit Smoking
- Nutrition for Weight Loss
- Nutrition for Cholesterol Control
- Living Well with Pre-diabetes

www.kp.org/classes



Kaiser Permanente Online

- Healthy Recipes
- Featured Health Topics
- Podcasts
- Class Information

kp.org/womenshealth
kp.org/healthylifestyles



Wrap-Up

- Ingredients for Success
 - Stay healthy
 - Find cancer early
- Tools for Your Toolbox
 - Readiness ruler
- Tapping Your Motivation
 - Changes you will make

