

# WELLNESS WATCH

Across the Lifespan, Across Indiana



## JANUARY

[Cervical Health Awareness Month](#)

[Glaucoma Awareness Month](#)

[National Birth Defects Prevention Month](#)

[National Blood Donor Month](#)

[Thyroid Awareness Month](#)

[National Stalking Awareness Month](#)

[National Slavery and Human Trafficking Prevention Month](#)

[National Folic Acid Awareness Week](#)

1/4 - 1/10

[National Drug Facts Week](#)

1/26 - 2/1

## January spotlight - Aging and staying healthy



As we roll into a new year, many women look forward to new beginnings. What many of us do not get excited about is getting another year older. Aging certainly does come with its own difficulties, but thankfully it also brings with it many invaluable opportunities to improve your overall well-being.

What many women do not realize is that aging does not necessarily result in poor health. We often think of heart disease, falls, osteoporosis or even diabetes as inevitable, but in truth there is a growing body of evidence that we can delay or prevent the worst of these.<sup>1</sup> By changing our lifestyles and health choices, even in seemingly small ways, women can build a stronger, healthier future, no matter the age at which you start. Consider these helpful ideas:

- Get your immunizations. Vaccinations are not just for kids, and should be a regular consideration as you get older. There are recommended immunizations for adults aged 19 to 65+ years. Preventable diseases such as influenza, pertussis, pneumonia, measles, shingles and HPV can all be avoided through vaccines. Check out the Indiana Immunization Coalition [Vaccinate Indiana Recommended Immunizations for Adults schedule](#) for details.
- Move more. You do not have to decide to run a 5k or try out Zumba, though those are great activities if it suits you. The truth is, any increase in physical activity can help reduce your risk of chronic diseases that can limit your mobility. You can dance, walk, swim, stand instead of sitting, take

the steps, play with the kids/grandkids or even vacuum! For more ideas on how to get and stay active as you get older, visit [Go4Life](#).

- [Ask questions](#). Our health changes over time and, for many people, it may seem embarrassing or shameful to ask about these changes. But, one of the best ways you can protect your own health is to ensure you understand what to expect and what might be a concern. If you notice a change in your body and do not understand what is happening, ask. If you get your new insurance and cannot understand your coverage, ask. If your doctor prescribes a medication and you do not know what it does or how it works, ask. Your health may depend on it.
- Eat foods that keep your body strong. It can be tempting to eat for convenience or go a bit overboard during special occasions. Remember that food is energy and a diet rich in vegetables, fruit, lean protein and strong sources of calcium can be protective against chronic diseases and illness. You do not have to be perfect. Just be mindful of what your body needs to function and feel its best. Click [here](#) to learn how to eat for your best health.
- Stay social. For middle-aged and older adults, social isolation is a major risk factor for illness and death. Loneliness has been linked to depression and even elevated systolic blood pressure.<sup>2</sup> You can connect with old friends, go to a community center or church, volunteer or even attend that pitch-in at work. If it is difficult for you to get out or be around others, find ways to connect online such as chat rooms, support groups, Skype or social media like Facebook, Twitter, YouTube, Snapchat or Google Hangouts. Click [here](#) for tips on how to stay socially engaged as you age.

## Cervical Health Awareness Month

January is Cervical Health Awareness Month. The Cancer Section at the Indiana State Department of Health (ISDH) reminds Indiana residents that cancer prevention is crucial – especially for cervical cancer.

During 2013, 254 new cases of cervical cancer and 82 cervical cancer-related deaths occurred among Indiana women. Luckily, cervical cancer is almost completely preventable. Hoosiers can reduce their cervical cancer risk by getting routine screenings, getting recommended vaccines that can help prevent cancer and avoiding controllable risk factors.

Exposure to the human papillomavirus (HPV) is the single, greatest risk factor for cervical cancer. Two high-risk HPV strains (HPV 16 and HPV 18) account for more than 70 percent of all cervical cancer cases, according to the National Cancer Institute. Two vaccines, Gardasil and Cervarix, have been shown to protect against most cervical cancers. The Centers for Disease Control and Prevention recommend vaccination for females and males ages 11 through 26.

In addition, there are two screening tests that can help prevent cervical cancer or find it at an early stage, when treatment is most successful. The Pap test looks for cell changes on the cervix that might become cancerous if they aren't treated appropriately. The HPV test looks for the virus that can cause these cell changes. The United States Preventive Services Task Force recommends screening for cervical cancer in women ages 21 to 65 years with a Pap test every three years; or, women 30 and older can lengthen the time between pap tests to five years if they have an HPV test at the same time as their Pap test. Some women – because of their history – may need to have a different screening schedule for cervical cancer. It is important to talk to your doctor to see what is right for you in regard to screening.

To learn more about cervical cancer, including information on signs and symptoms, benefits of early detection and behaviors that can help decrease risk, please refer to the [Indiana Cancer Facts and Figures 2015](#) report, a comprehensive report on the burden of cancer in Indiana, by visiting [www.indianacancer.org](http://www.indianacancer.org). The Indiana Cancer Consortium also provides a helpful [Cervical Cancer Toolkit](#).

For additional resources, support and education, visit the [Cervical Cancer-Free Coalition, Indiana](#); the [ISDH Indiana Breast and Cervical Cancer Program \(BCCP\)](#) or the [National Cervical Cancer Coalition](#).



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## Resources for your health in the new year



The new year is a great time to think about starting anew and making positive changes in your life. But, it can be

hard to know where to turn for reliable, relevant health information and ideas. The Office of Women's Health has you covered! Check out these great resources for improving your health:

- [Office of Women's Health Resources page](#): A comprehensive listing of

local and national resources on a large array of topics. A great place to access many resources in one spot.

- [INShape Indiana](#): This unique resource motivates, educates and connects you to valuable resources to help you eat better, move more and avoid tobacco.
- [Quit Now Indiana](#): Looking to quit tobacco? From telephone Quit Coaches to an online Web Coach or Text2quit program, you can find success.

- [CDC Prevention Checklist](#): Find out what preventative care is needed in order to keep you in tip top shape. Drill down by age and gender to find out what screenings you need to keep on top of your health.
- [USDA SuperTracker](#): Keep track of your calories, activities and weight in order to achieve your goals! This free, easy-to-use tracker helps you set reasonable goals and gives detailed reports to keep you accountable.

## Tips and Tricks: Healthy choices

A good blender can be your best friend! If you have limited time, picky eaters or the need to work some extra nutrition into your diet, try out some of these ideas to improve your health:

- Blend a bag of steamed vegetables into your jarred pasta sauce.
- Chop, freeze and blend bananas for a healthy ice cream.
- Blend together cherry tomatoes, onion, lime and cilantro for a quick salsa.
- Blend a can of beans into vegetable broth for extra fiber and protein in your soup base.

For more tips on healthy eating, visit [ChooseMyPlate.gov](#).

## Myths and Facts: Healthy food

- ⇒ **Myth:** Fresh produce is always better than frozen produce.
- ⇒ **Fact:** Fresh produce may actually have traveled a long distance to get to your grocery, with air, heat and water impacting its nutrients the whole time. Opt for fresh if it is local, but do not shy away from frozen vegetables if they are available.
- ⇒ **Myth:** Foods labeled "all natural" are always healthier.
- ⇒ **Fact:** Unless this label is on meat, the term "natural" is unregulated and undefined, so you still need to read the label and make sure it is healthy.

## The mystery of motivation: Getting active and staying that way

At the start of every New Year, thousands of Hoosiers commit to themselves to get in better shape or stay active. But many women find it difficult to keep up the momentum and stay motivated to achieve their fitness goals. The truth is, staying motivated is hard, and keeping on track with your fitness goals can be a challenge. While it is hard, it is not impossible. In fact, there are some simple tips that might be just enough to keep you moving all year long.

- **See your doctor.** Figure out your strengths and limitations right from the beginning. Your doctor can do a full

check-up to help you pick a starting point and choose the most appropriate activities for you.

- **Set goals.** Setting realistic and achievable short- and long-term goals allows you to celebrate small milestones on your way to the ultimate goal. Visit the [American Heart Association](#) for tips on goal setting.
- **Team up!** Find a workout buddy or group. When you know someone else is counting on you, you are more likely to stay active in working on your fitness goals.
- **Be realistic.** Your ultimate goal, such as weight loss or in-

creased muscle tone, might take some time.

Look for the small changes while you are building your strength, such as increased energy, a more reasonable appetite, better fitting clothes or higher quality sleep.

With reasonable goals and some creativity, you can stay motivated and reach your fitness goals!





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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

Ovar'Coming Together

[Dine & Donate: Rockstone Pizza Pub](#)

1/18 – 11:00 a.m. – 9:00 p.m. EST (30% of sales donated to Ovar'Coming Together)

Indiana Rural Health Association/Indiana Perinatal Network

[EPIC Webinar Series – Breastfeeding care practices](#)

1/19 – 12:00 p.m. – 1:00 p.m. EST

The American Congress of Obstetricians and Gynecologists (ACOG)

[“New Guidelines for Preeclampsia, Complicated Hysterectomies and Communicating Medical Errors to Patients”](#)

1/20

Indiana State Department of Health – Office of Women's Health

[Indiana Sexual Violence Primary Prevention Council Meeting](#) –

Open attendance - 1/28 – 1:30 p.m. – 3:30 p.m. EST - ISDH (2 N. Meridian St. Indpls. IN 46204), Rice Auditorium

Indiana Rural Health Association

[“Introduction of Indiana's New HIP Employer Benefit Link \(HIP LINK\) Program”](#)

1/28 – 12:00 p.m. – 1:00 p.m. EST

Indiana Coalition against Domestic Violence

[ICADV Winter Prevention Institute](#)

1/29

## References

<sup>1</sup>OWL, The Voice of Women 40+. (2015). *Quality of life*. Retrieved from <http://www.owl-national.org/pages/issues-quality-of-life>.

<sup>2</sup>National Institute on Aging. (2015). *Research suggests a positive correlation between social interaction and health*. Retrieved from <https://www.nia.nih.gov/about/living-long-well-21st-century-strategic-directions-research-aging/research-suggests-positive>.