



Health Matters... for rural women

Fall 2006 Issue

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Upcoming National Health Observances:

October

- National Domestic Violence Awareness
- National Depression Awareness
- Breast Cancer Awareness

November

- American Diabetes Month
- Lung Cancer Awareness
- Great American Smokeout (16)

December

- World AIDS Day (1)
- Aplastic Anemia & MDS Awareness Week (1-7)

Domestic Violence: A National Epidemic

Domestic violence is a health care problem of epidemic proportions. In addition to the immediate trauma caused by abuse, domestic violence contributes to a number of chronic health problems, including depression, alcohol and substance abuse, sexually transmitted diseases such as HIV/AIDS, and often limits the ability of women to manage other chronic illnesses such as diabetes and hypertension. Despite these facts, a critical gap remains in the delivery of health care to battered women, with many providers discharging a woman with only the presenting injuries being treated, leaving the underlying cause of those injuries not addressed.

Identification of Domestic Violence:

- A recent study found that 44 percent of victims of domestic violence talked to someone about the abuse; 37 percent of those women talked to their health care provider. Additionally, in four different studies of survivors of abuse, 70 percent to 81 percent of the patients studied reported that they would like their healthcare providers to ask them privately about intimate partner violence.
- Recent clinical studies have proven the effectiveness of a two minute screening for early detection of abuse of pregnant women.

www.endabuse.org

New! RFCC Referral Line 1-866-404-6865

The (RFCC) is pleased to announce the launch of their new health information referral line. 1-866-404-6865 provides callers with referrals and information on a variety of women's health-related concerns.

The referral line was implemented to assist women in the rural communities to obtain access to health information and resources. The line is designed to supplement web-sites such as www.az211.gov for those who do not have computer access.

Staff from the RFCC will help direct callers to the appropriate agency or information source to meet their health needs.

Contact the RFCC for posters and stickers to distribute at your organization.



1-866-404-6865

Women's Health Information Line

www.rfwhcc.org

A Program of the Arizona Association of Community Health Centers



Healthy Eating

Candied Yams

Number of Servings: 9

Serving Size: 1/2 cup

Ingredients

4 Medium Yams

¼ cup Firmly packed dark brown sugar

1 tsp Cinnamon

½ tsp Ground Cloves

1 Granny Smith Apple peeled & thinly sliced

¾ cup Apple Cider

2 Tbs Stick Margarine, cut into pea-size pieces

Preparation Instructions

1. Preheat the oven to 350 degrees F. Spray an 8x8-inch baking dish with nonstick cooking spray.
2. Place the yams on a baking sheet and bake until the skin feels soft to the touch, 60 minutes. Cool, peel, and slice into 1/8-1/4-inch rounds.
3. In a small bowl, whisk the sugar, cinnamon, and cloves
4. In the baking dish, place half

of the yams, then the apple slices, then half of the sugar mixture. Top with the remaining yams and sugar mixture. Pour the cider around the edges of the baking dish. Evenly scatter the margarine pieces on top

5. Bake covered, until bubbly and the yams are tender, about 40 minutes.

Exchanges Per Serving

2 Starch

Nutrition Information

Amount per serving

Calories 174

Calories From Fat 25

Total Fat 3 g

Saturated Fat 0 g

Cholesterol 0 mg

Sodium 39 mg

Total Carbohydrate 37 g

Dietary Fiber 4 g

Sugars 11 g

Protein 1 g

*This recipe is from **Forbidden Foods Diabetic Cooking**, published by the **American Diabetes Association**.
www.diabetes.org*

Director's Corner:

Dear women's health advocates,

It is my pleasure to be sending you the second edition of *Health Matters...for rural women* to you all. As part of the Fall edition, I must note that not only is October National Breast Cancer Awareness Month and Domestic Violence Awareness Month, it is also Depression Awareness Month.

Having worked in the behavioral health field for seven years, I can attest to the importance of screening for depression. Depression is not "just a phase", or just "feeling blue" or feeling "down in the dumps". Depression is a serious medical illness that affects people of all ages, cultures, and backgrounds. Approximately 12 million women in the U.S. experience depression each year. Many women think that depression is a normal part of their lives and never seek care, but the reality is that depression is a common, real, and treatable disease.

As women's health advocates we need to promote screening for depression and educate women about the symptoms of depression. For more information, please visit the National Mental Health Association website at www.nmha.org or the National Depression Screening Day website at www.depressionscreening.org.

A Survey of Rural Women's Health Literacy & Health Information Sources

The strong association among poor education, low literacy, poor health and early death is intensified in rural areas. Health literacy has emerged as a critical health care issue, particularly for individuals who assume personal responsibility for health care not only for themselves, but family members and others.

Through collaboration with the Arizona Rural/Frontier Women's Health Coordinating Center, the Rural Health Office at the University of Arizona Mel & Enid Zuckerman College of Public Health is in the process of

pilot testing a survey instrument in both English and Spanish. The surveys will be administered at rural-based Community Health Centers, using the Short Test of Functional Health Literacy in Adults (STOFHLA) as well as a specially-designed piece to collect data on sources of health information accessed, whether information from competing sources is evaluated and how much the internet is used. Data will be analyzed to answer a number of research questions including examining the correlation between the health literacy level of

rural women and the sources of health information most frequently accessed.

This study will lay the groundwork regarding the need for and design of interventions specifically for rural women to: 1) increase their health literacy and health information utilization skills, 2) improve their health status and support their needs as caregivers, and 3) ultimately decrease health care costs for rural women and those for whom they are caregivers.

Take a Loved One for a Checkup Day

Birthdays, anniversaries and other special occasions often provide opportunities to take a friend or family member somewhere special, like to a nice restaurant or out to a movie. The RFCC partnered with North Country & Chiricahua Community Health Centers to make September 19, 2006 a special occasion, an occasion to take that special person for a health checkup.

"Take a Loved One for a Checkup Day," is designed to encourage individuals to visit a health professional, make an appointment for a visit, attend a health event in the community or help a friend, neighbor or family member do the same.

The nationally recognized day is part of *Closing the Health Gap*, an educational campaign sponsored by the U.S. Department of Health and

Human Services. The campaign is aimed at making good health an important issue among racial and ethnic minority populations.

The RFCC provided interested health centers with table-top displays which recommended screenings and



tests. Information pieces about the importance of preventative health, and referral cards, encouraging others to schedule an appointment for a checkup were also available.

For more information on "Take a Loved One for a Checkup Day" and health facts related to racial and ethnic minority populations, visit www.healthgap.omhrc.gov.

Inflammatory Breast Cancer

Inflammatory breast cancer is a rare cancer that gets its name from the appearance of the skin on the breast.

Unlike other types of breast cancer, you probably won't develop a distinct lump. Instead, you might notice an area of thickness or a feeling of heaviness in one of your breasts.

Signs and symptoms of inflammatory breast cancer include:

- A breast that appears red, purple, pink or bruised
- A tender, firm and enlarged breast
- A warm feeling in the breast
- Itching of the breast
- Pain
- Ridged or dimpled skin texture, similar to an orange peel
- Thickened areas of skin
- Enlarged lymph nodes under the arm, above the collarbone or below the collarbone
- Flattening or retraction of the nipple
- Swollen or crusted skin on the nipple
- Change in color of the skin around the nipple (areola)

It's easy to confuse the signs and symptoms of inflammatory breast cancer with those of a breast infection (mastitis). Breast infections occur most often in younger women who are breast-feeding. Breast infections cause a fever, and they're easily treated with antibiotics. On the contrary, inflammatory breast cancer doesn't typically cause a fever, nor does it respond to antibiotics.

Source: Mayo Clinic Staff, 2/03/2006, www.mayoclinic.com

Why Quit?

The American Cancer Society's 30th annual Great American Smokeout is November 16, 2006.

Here are some of the long-term benefits of quitting smoking.

20 minutes after quitting: Your heart rate drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.
(US Surgeon General's Report, 1990)

For more information contact the
American Cancer Society
www.cancer.org
or call
1-800-ACS-2345



Check us out on the
web!
www.rfwhcc.org



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Upcoming Women's Health Events

October 21

Pan de Vida Women's
Health Expo
10:00 a.m.—2:00 p.m.
Queen Creek Middle School
Contact:
amyh@aachc.org

October 21

5th Annual Medical
Assistant Day Conference
7:30 a.m.—4:00 p.m.
Phoenix College, Phoenix AZ
Contact:
kimy@aachc.org

October 27

AZ Rural Women's Health
Initiative Council Meeting
11:00 a.m.—2:00 p.m.
ADHS, 1740 W. Adams,
Rm. 411A
Phoenix, AZ
Contact:
kristinaj@aachc.org

November 30

"Healthcare Responds to
Domestic Violence"
Train the Trainer
Wickenburg Community Hospital
Contact: Elizabeth at
tc4@azcadv.org

Have a women's health event you would like advertised?
Send your information to Kristina
kristinaj@aachc.org

