



Muffin Top No More

You don't have to take an expanding midsection lying down. Menopause means a slower metabolism and loss of muscle mass, which can expand bellies and raise heart disease risk. But these slimming strategies can help:

1. Add weight lifting and/or high-intensity interval training to your routine.
2. Reduce calories by 200/day (consume no less than 1,200 calories).
3. Eat fruit, veggies, whole grains, legumes and lean proteins.
4. Drink 64 ounces of water daily.
5. Get adequate sleep.



Menopause: **Are You In It?**

Perimenopause = Periods become irregular, other symptoms begin to occur.

Menopause = 12-month anniversary of your last period.

Post-menopause = Periods have ceased, symptoms fade.

Symptoms:

- » Irregular bleeding
- » Hot flashes
- » Night sweats
- » Vaginal dryness/discomfort
- » Decreased libido
- » Breast tenderness
- » Thinning hair/dry skin
- » Mood changes
- » Fatigue
- » Difficulty concentrating

Menopause's Peri-to-Post Transition: An Optimal Experience

Take action to add life to these years, and possibly years to your life.

Get a thorough medical work up. Changes in your thyroid, pancreas or adrenal glands can contribute to symptoms attributed to menopause.

Embrace lifestyle changes. Boosting nutrition and exercise can ease menopausal symptoms.

Ask about hormone replacement therapy. It's safe and effective at reducing symptoms like hot flashes, and it protects against bone loss and heart disease.

Speak up. Zapped energy or libido? Talk to your gynecologist about solutions. You can feel better.

Life on the Other Side

"There is no greater power in the world than the zest of a postmenopausal woman," noted anthropologist Margaret Mead.

Rather than an ending, many women find post-menopause a new beginning marked by increased energy, creativity and libido.

Call it zest, zeal or zing, women are seizing this stage of life with delight.

The Morning After... a Sleepless Night

Nothing beats regular zzzzs. For occasional sleep-deprived nights, try these daytime energizers.



Eat well – Empty calories drain energy.



Sun yourself – Natural light resets biological clocks.



Look sharp – Feeling sloppy drags you down.



Caffeinate sensibly – Beware of the post-energy drink slump.



Power nap – Grab 15 minutes to refresh.



Fake it – Pretending you slept well, researchers found, boosts mental performance.



Check in – See your doctor if sleepless nights continue.



Laughing and Leaking: There's Help

Leak when you laugh? Mortified that people might know?

So-called pelvic floor disorders like incontinence plague up to a third of women. Your muscles may not support the urethra like they used to. So when you laugh, cough, sneeze or work out, pressure on the urethra causes a leak.

Don't settle for being miserable. "Many women are unaware of options because the stigma of incontinence prevents conversations with friends, family members and even doctors," said CHI Health Clinic's Michael Feloney, MD, a double board-certified urologist and gynecologist.

Low-cost options include behavior modifications like losing weight, adding fiber and eliminating acidic foods. Physical therapy also can help strengthen and relax the muscles through Kegel exercises. Medications are another option.

Finally – new procedures and surgeries are more effective and less invasive. Ten percent of the adult women who suffer some incontinence will undergo surgery.

For more information, visit CHIhealth.com/pelvic-floor-disorders

Overlooked and Untreated: Depression Not Part of Aging

Losing loved ones, feeling more aches and pains, worrying about debilitating falls – all can be part of aging. Depression doesn't have to be.

It's estimated some seven million Americans 65 and over experience depression. Women are more likely to be diagnosed than men.

You can try to feel better by making small changes, like going outside for 15 minutes of sunlight a day, becoming more active – a light workout increases energy – and staying connected to supportive people. Relaxation techniques can help, and writing three things you're grateful for every day in a journal can boost your mood.

CHI Health is the leading behavioral health provider in the state. If you or someone you care about is feeling depressed, reach out to your primary care physician or a mental health specialist for help.

For more information, visit CHIhealth.com/depression

Quiz Scoring

None or little of the time = 0
Some of the time = 1
Most of the time = 2
All of the time = 3

Total Score

0-8 Symptoms are not consistent with a major depressive episode. Presence of a major depressive disorder is unlikely.
9-16 Symptoms are consistent with a major depressive episode. Presence of a major depressive disorder is likely.
17-30 Symptoms are strongly consistent with criteria for a major depressive episode. Presence of major depressive disorder is very likely.

Over the past two weeks how often have you:	None or little of the time	Some of the time	Most of the time	All of the time
1. Been feeling low in energy, slowed down?				
2. Been blaming yourself for things?				
3. Had poor appetite?				
4. Had difficulty falling asleep, staying asleep?				
5. Been feeling hopeless about the future?				
6. Been feeling blue?				
7. Been feeling no interest in things?				
8. Had feelings of worthlessness?				
9. Thought about or wanted to commit suicide?				
10. Had difficulty concentrating or making decisions?				

*NOTE: Results of this quiz should not be used to diagnose depression without consulting a mental health professional.
© The Harvard Department of Psychiatry / National Depression Screening Day Scale



Must-Have Screening Tests and Why

Part of getting healthy and staying healthy is taking action. There are basic tests every woman needs. It's part of staying healthy as we age.



Bone Density Scan

The strength of bones is measured by their density (thickness). High bone density means bones are less likely to fracture. Unfortunately most women find out they have weak bones after they break one. A DEXA scan is recommended for all women 65 and over. If you have risk factors in addition to menopause you may need to be tested sooner.



Breast Exam and Mammogram

Your provider should do an annual exam. You should do a self-exam at home. The experts recommend adding a mammogram at 40. If you have a family history of breast cancer or dense breasts consider a 3D mammogram and more frequent screenings starting at a younger age.



Colorectal Check

People at average risk for colorectal cancer should begin screening at 50. Most colorectal cancers begin as a polyp. There are several tests used to screen for colorectal cancers: stool DNA test, sigmoidoscopy, standard colonoscopy and virtual colonoscopy. They are divided into tests that can find both colorectal polyps and cancer. Age, medical/family history and general health help determine what test is right for you.



Glaucoma Exam

Family history and age are just a few of the risk factors for getting glaucoma. If you're at high risk, you should have a dilated pupil eye examination every one to two years. An ophthalmologist or optometrist will perform a comprehensive eye exam that may include several different tests.

Most of the techniques are painless and non-invasive. Your doctor will determine which method(s) to use.



High Blood Pressure Check

The key to preventing heart disease is managing your risk factors. As you get older the risk of high blood pressure increases. Controlling it can save your life. Your doctor will check your blood pressure during regular doctor visits.



High Cholesterol Screening

Screening for high cholesterol includes a simple finger-stick screening. This measures three different kinds of lipids in your blood (HDL, LDL and triglycerides) as well as total cholesterol.

In adults with no symptoms, cholesterol screening should take place every five years starting at age 20. Patients with heart disease or abnormal lipid levels should be screened every one to two years. Those on medication to lower cholesterol should be screened every six weeks until lipid goals are met and every four to six months thereafter.



Pelvic Exam and Pap Smear

The guidelines have changed on who needs them and how often. Consult with your provider. Cervical cancer is detected through a Pap test. The early stages have no real symptoms. Pelvic exams and Pap tests are still needed for some well into the 60s.



Skin Check

With early detection and proper treatment the cure rate for basal and squamous cell carcinoma is about 95 percent. When melanoma is detected before it spreads it also has a high cure rate. Regular self-skin exams and a yearly examination by a dermatologist or other health care provider can help people find early skin cancers.

Watch for changes in your skin – new or changing moles, freckles or markings. Look at shapes, colors, borders and size. Skin cancer is the most common cancer in the United States.



Type 2 Diabetes Test

A blood glucose test helps identify type 2 diabetes. A quick and easy finger stick measures sugar levels in your blood following eight hours of fasting.

Diabetes is also a major risk factor for heart disease and stroke. Those who should be tested include: anyone who has risk factors for diabetes, people aged 45 and older, adults with high blood pressure and high cholesterol levels. Individuals age 45 and older should get screened every three years.



Don't Recognize the Old Person in the Mirror?

Suddenly you don't recognize the stranger in the mirror. When did she start to age? Skin begins to age in your 20s – your body doesn't make as much elastin and collagen and you lose elasticity.

If visible signs of aging are catching up with you, reach for the sunscreen and moisturize. Quit if you smoke. Drink lots of water and eat healthy. What goes in your body makes a big difference on the outside!

CHI Health Clinic Locations

Women's Health

161st W. Maple: 402-758-5870
42nd & L: 402-733-4433
81st & Center: 402-391-3870
Bellevue: 402-898-3180
Dundee: 402-572-3790
Immanuel: 402-572-3790
LaVista: 402-717-9500
Lakeside: 402-758-5870
Maple Hills: 402-572-3790
Midlands: 402-827-4915
Millard: 402-393-2700
Missouri Valley: 712-642-9347
University Campus: 402-717-0909
Council Bluffs:
Mercy: 712-388-2860
W. Broadway: 712-328-9100

Urogynecology

Bergan Mercy: 402-717-2500
W. Broadway: 402-717-2500

Mid-Life Care

La Vista: 402-717-9500
Midlands: 402-827-4915



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laughing &
leaking?

Tips to shrink
expanding bellies

muffin top
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