



January is Cervical Cancer Awareness Month

Have you had your pap test?

Winter 2011



Kaw Nation Women's Health

INSIDE THIS ISSUE

Winter safety

Driving on ice and snow

Things to do when it's cold outside

January is Cervical Cancer Awareness Month



Winter safety

Avoiding falls on the ice

Physical exertion in cold weather

Cold weather, without any exercise, puts an extra strain on your heart. Heavy exertion like shoveling snow, pushing a car or even walking fast in cold weather increases your chances for a heart attack or stroke.

It's winter's cold, not just snow, that poses a threat. Our arteries respond to cold by constricting, and that makes us more prone to heart attacks.

If you experience symptoms of a heart attack or stroke, go to the emergency room or call 911 and get checked out.

Walking on ice is extremely dangerous. Many cold weather injuries result from falls on ice-covered sidewalks, steps, driveways and porches.

Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

In Oklahoma, we often experience "black ice," a term for a near-invisible layer of ice that can cover sidewalks and streets. If you're unsure about whether or not the sidewalk or street is slippery, walk slowly and cautiously with your feet pointing outward. This position actually helps you brace yourself better, and it helps protect you to some degree if you slip and fall.

The National Safety Council recommends taking the following precautions on potentially slippery surfaces:

* Avoid wearing high-heeled shoes or boots outside. Instead, wear flat shoes with slip-resistant soles or rain boots or snow boots; both of these provide you with some degree of traction.

* Take short, flat steps. The heels and soles of your shoes should stay in contact with the ground as long as possible, providing you with maximum surface contact.

* Remove your shoes or boots once you get inside. Snow and ice often stick to the soles of shoes and will melt almost immediately as your shoes begin to warm up. The result is a slippery surface and the risk of a fall.

During winter months, keep abreast of weather reports in your area. If snow or ice is predicted, make plans to leave early or arrive later. If you can move a night trip to daylight hours, do so. Not only is visibility better, but if your vehicle is stalled, you are more likely to receive prompt assistance during the daytime.

Prepare your vehicle for winter driving. Check windshield wiper blades to make sure they work properly. Test the anti-freeze and make sure your tires are properly inflated. Under- or over-inflation can reduce the gripping action of tires.

Keep your gas tank at least half-full. The extra volume can help reduce moisture problems within your fuel system. It also adds helpful weight to your vehicle.

In rear-wheel drive vehicles, extra weight in the trunk may be helpful. Bags of sand can provide weight and, if sprinkled on the ice, sand helps provide traction.

Scrape the ice and snow from every window and the exterior mirrors before you leave your driveway and don't forget to remove snow from headlights and brake lights. Try to remove ice and snow from your shoes before getting in your vehicle. As they melt, they create moisture buildup, causing windows to fog on the inside.

You and your passengers should all use safety belts and adjust the head rests.

Since driving is more a mental skill than a physical skill, you may want to keep the radio turned off and do not use a cellular phone when driving on ice or snow. Drive slowly and remember posted speed limits identify the maximum speed allowed in ideal weather conditions. Watch for cars coming from side streets and put extra distance between your vehicle and the one in front of you.

To make sure other drivers see you, always drive with your lights on. At night, in fog and heavy snow conditions, low beams may be more effective than high beams.

Keep a light touch on the brakes. Even with anti-lock braking systems (ABS), apply light pressure to avoid locking the brakes and causing a skid. Pumping the brake pedal should be smooth action, going from light to firm. Keep both hands on the wheel and keep the wheel pointed where you want your car to go. While it may sound overly simple, it could help you in a skid.

While manual transmissions may provide greater control to assist with braking, be careful when using downshifting as a way to slow the vehicle. Gear changes, particularly abrupt ones, can upset a vehicle's balance and cause a skid to occur, especially in turns.

If you do have trouble, run the engine only briefly to run the heater, not continuously. Carbon monoxide can accumulate more easily in a non-moving vehicle.



Safe winter driving tips



Keep your vehicle stocked with simple emergency equipment in case you do get stalled or have an accident. Consider keeping these items in your vehicle:

- blanket or extra clothes
- candle with matches
- snacks
- beverages (never alcohol)
- flares
- C.B. radio, cell phone or ham radio
- a small shovel
- flashlight
- windshield scraping device
- tow rope
- bag of sand or cat litter for traction
- long jumper cables

Courtesy AAA

Things to do when it's cold outside

Crafts and handwork. Knit and crochet, bead work, needlepoint, hand sewing and embroidery.

Write cards to loved ones.

Make a scrap book or memory book.

Listen to music. Play some of those old CDs you haven't heard in a while.

Make a project on the computer — like a family photo slide show or edit a home movie together.

Bird watching. Learn the names of birds in your area. Make a list of the ones you see. Look up facts about them in a bird guide or encyclopedia.

Play online games.

Rent movies. It might be fun to make it through your favorite trilogy.

Read a book. Visit your local library.

Make snow ice cream. Collect fresh fallen clean snow and mix 8 cups of snow with one-half cup of milk and one-half cup sugar. Stir to freeze and add a spoon of vanilla flavoring or a squirt of chocolate syrup to flavor.



Creamy Hot Cocoa

Ingredients

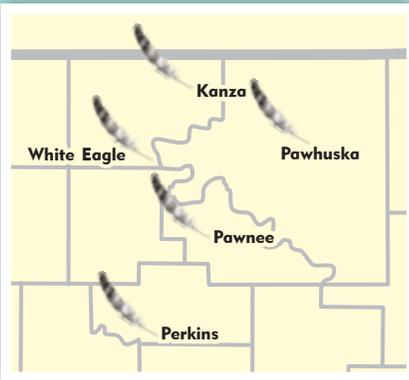
1/3 cup unsweetened cocoa powder
3/4 cup white sugar 1 pinch salt
1/3 cup boiling water 3 1/2 cups milk
3/4 teaspoon vanilla extract 1/2 cup half-and-half cream

Directions

Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn't scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil. Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature.

Amount per serving

310 calories · 8.7g total fat · 28mg cholesterol



Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program

Kanza
580-362-1039

White Eagle
580-765-2501

Pawnee
918-762-2517

Pawhuska
918-287-4491

Perkins
405-547-2473

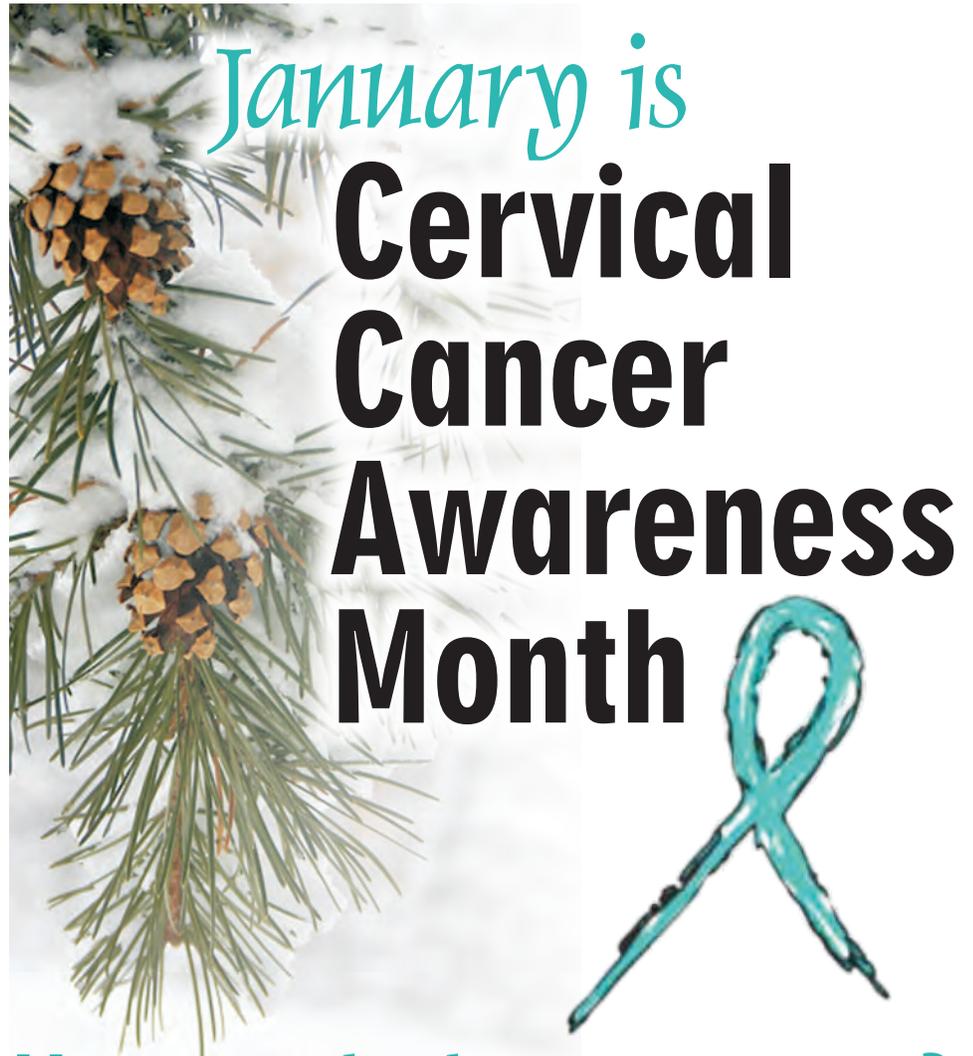
The Kaw Nation Women's Health Program does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by
U.S. Department of Health and Human Services
Division of Cancer Prevention and Control
4470 Buford Highway NE
Atlanta, GA 30341-3717

Kaw Women's Health Program
3151 East River Road
P.O. Box 474
Newkirk, OK 74647
Office 580-362-1039
Fax 580-362-1467



Have you had your pap test?



Cervical cancer is highly preventable in the U.S. because screening tests and a vaccine to prevent HPV infections are available.

When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

Pass on the tradition of good health.