Spring 2013

Kaw Nation Women's Health

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SAVE THE DATES

National Women's Health Week
May 12–18

National Women's Checkup Day
Monday, May 13

Spring is a wonderful time to embrace health and fitness with your family

Spring into action

Fun things to do as the weather warms up

Now that warm weather is hopefully sticking around, it's time to put away the boots and coats and get out those sneakers.

- Take an outdoor yoga class.
- Go for a bike ride.
- Go hike the local trails.
- Play catch or frisbee.
- Plant a garden, rake the leaves, or mow the lawn.
- Wash the car.
- Take the dog for a long walk.

Healthy snacking

Chowing down on potato chips inbe-tween meals is not the smartest decision. Most junk foods can lead to weight and health issues.

However, that doesn't mean you have to forget snacks all together. Snacks that offer nutritional value can boost energy levels throughout the day or after a workout. In fact, there are a variety of healthy options.

The best snacks include two parts: a carbohydrate and a protein. **Carbs** give you quick energy but won't leave you satisfied for very long. **Protein**, on the other hand, can provide more sustained energy and keep you feeling full longer.

Choose carbs from fruits, vegetables or whole grains and proteins from low-fat dairy, beans, nuts or eggs. Here are some examples to get you started:

- Apple slices and celery with peanut butter
- Smoothie (fruit and yogurt in the blender)
- Cherry tomatoes and cottage cheese
- Whole-wheat crackers and a boiled egg or egg white
- Black bean salsa and baked tortilla chips
- Homemade trail mix
- Carrots and pepper strips with hummus
- Grapes and string cheese

If you choose to include snacks into your daily eating pattern, remember, portions count. Snacking should control your appetite to help you eat less at meals and compensate for calories consumed in a snack.

got lactose intolerance?

Does your stomach churn after you drink milk? Do you have diarrhea soon afterward? If so, you may be lactose intolerant.

Lactose intolerance means that you cannot digest foods with lactose in them. **Lactose** is the sugar found in milk and foods made with milk. You cannot digest lactose because your small intestine does not have enough of an enzyme called **lactase.**

Symptoms of lactose intolerance usually begin within a half-hour to two hours after eating or drinking foods that contain lactose.

Symptoms include diarrhea, nausea, stomach cramps, bloating and gas.

Lactose intolerance is not the same as milk allergy. **Milk allergy** is due to a problem with your body's defense system, called the immune system. In contrast, lactose intolerance is caused by not having enough lactase. Symptoms of milk allergy start right after drinking milk. But symptoms of lactose intolerance take longer to develop.

Lactose intolerance is more common in some ethnic groups — in particular, Asians, blacks, Hispanics, and Native Americans. The condition is also more common in older people, since our bodies produce fewer lactase enzymes as we age.

Dealing with lactose intolerance

Although it is uncomfortable, the condition is not serious. One way to avoid symptoms is to eat less food with lactose.

Besides milk, lactose is also in ice cream, sherbet, cream, butter, some cheeses (including cottage cheese) and yogurt.

Lactose is also added to some prepared foods, such as breads and other baked goods; cereals; mixes for cakes, cookies, pancakes and biscuits; instant potatoes; soups; breakfast drinks; lunch meats; frozen dinners; salad dressings and margarine.

If you plan to eat foods with lactose, you can try taking a lactase tablet just before eating. The tablet supplies your body with the lactase that it's missing. Another option is to drink lactose-reduced milk. It contains the same nutrients as milk, including calcium and vitamin D, but less lactose.

Some people with lactose intolerance find that they can eat a small amount of some foods with lactose. For instance, they may be able to eat yogurt or aged cheeses, like cheddar or Swiss. Others find that they can tolerate milk if they drink it in small amounts or drink it at meals.

If you cannot tolerate any amount of milk or milk products, you should find other ways to get enough calcium. Calcium is needed for healthy bones and teeth. Eat foods rich in calcium. Also, ask your doctor if you should take a calcium supplement every day.

For more info, log on to **http://womenshealth.gov**.

National Women's Health Week

What is National Women's Health Week?

National Women's Health Week is a weeklong health observance coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. It brings together communities, businesses, government, health organizations and other groups in an effort to promote women's health and its importance.

It also empowers women to make their health a priority and encourages them to take the following steps to improve their physical and mental health and lower their risks of certain diseases:

- Visit a health care professional to receive regular checkups and preventive screenings.
- Get active.
- Eat healthy.
- Pay attention to mental health, including getting enough sleep and managing stress.
- Avoid unhealthy behaviors, such as smoking, not wearing a seatbelt or bicycle helmet, and texting while driving.

Why celebrate National Women's Health Week?

We all have a role to play in women's health. Women often serve as caregivers for their families, putting the needs of their spouses, partners, children and parents before their own. As a result, women's health and well-being becomes secondary.

As a community, we have a responsibility to support the important women we know and do everything we can to help them take steps for longer, healthier, happier lives.

When is National Women's Health Week?

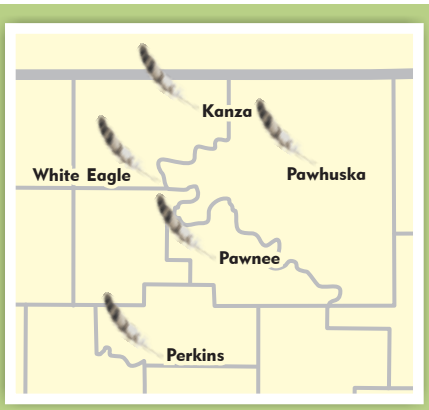
The 14th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated until May 18. National Women's Checkup Day is Monday, May 13.

How is National Women's Health Week celebrated?

The nationwide observance is celebrated across America in families, communities, neighborhoods, towns, cities, counties, hospitals, health centers, businesses, schools, places of worship, recreation centers and online.

Anyone who wants to raise awareness about women's health can celebrate. Organizations large and small hold events, such as free screenings and health fairs, give out educational materials, issue proclamations, conduct media outreach, spread the word through social media and more.

For more information about National Women's Health Week, log on to **http://womenshealth.gov/nwhw/** or call 800-994-9662.



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
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Division of Cancer Prevention and Control
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Atlanta, GA 30341-3717

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Office 580-362-1039
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Sunday, May 12, is Mother's Day, and as we celebrate the special women in our lives, the Kaw Women's Health Program encourages you to talk to your moms this year about the importance of getting screened for breast cancer. While it may not sound like a traditional Mother's Day gift, having a simple conversation about getting tested could help save a life.

We're on the Web: Log on to www.kawnation.com
Go under "Departments and Services" and find "Women's Health Program"