



Kaw Nation Women's Health

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Yard work safety

Yard work is inevitable during the summer. Prior to mowing, remove all hazards first — rocks, sticks, etc. Never allow children to walk behind the mower or ride along with you. If you're on a riding mower, ride up and down hills not across. A push mower is the opposite: mow side to side, not up and down.



Have fun in the sun without health risk

Heat illness, also called heat exhaustion or sunstroke

Your body normally cools itself by sweating. During hot weather, especially with high humidity, sweating just isn't enough. Your body temperature can rise to dangerous levels and you can develop a heat illness.

Most heat illnesses occur from staying out in the heat too long. Exercising too much for your age and physical condition are also factors. Older adults, young children and those who are sick or overweight are most at risk.

Drinking fluids to prevent dehydration, replenishing salt and minerals and limiting time in the heat can help.

Heat-related illnesses include:

- **Heatstroke**, a life-threatening illness in which the body temperature may rise above 106 degrees in minutes. Symptoms include dry skin, rapid, strong pulse and dizziness.
- **Heat exhaustion**, an illness that can precede heatstroke. Symptoms include heavy sweating, rapid breathing and a fast, weak pulse.
- **Heat cramps**, muscle pains or spasms that happen during heavy exercise.
- **Heat rash**, skin irritation from excessive sweating.

— Centers for Disease Control and Prevention





Vehicle safety is our No. 1 summer safety tip for women for good reason. Accidents happen. Learn and practice the basic rules of the road. Drive courteously, treating other drivers as you yourself expect to be treated (the golden rule of the road). Wear your seatbelt. Do not use your cell phone when driving. If you've been drinking, you should not be driving. Have a designated driver, use a taxi or public transportation, or call a friend or family member to pick you up.



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Don't let a foodborne illness ruin your outing

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



Each year, 48 million people in the U.S. get sick from contaminated food. Common culprits include bacteria, parasites and viruses.

Symptoms range from mild to serious. They include:

- Upset stomach
- Nausea and vomiting
- Fever
- Abdominal cramps
- Diarrhea
- Dehydration

Harmful bacteria are the most common cause of foodborne illness. Foods may have some bacteria on them when you buy them. Raw meat may become contaminated during slaughter. Fruits and vegetables may become contaminated when they are growing or when they are processed.

But it can also happen in your kitchen if you leave food out for more than 2 hours at room temperature. Handling food safely can help prevent foodborne illnesses.

The treatment in most cases is increasing your fluid intake. For more serious illness, you may need treatment at a hospital.

— NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Pelvic support problems



The pelvic floor is a group of muscles and other tissues that form a sling or hammock across the pelvis. In women, it holds the uterus, bladder, bowel and other pelvic organs in place so that they can work properly.

The pelvic floor can become weak or be injured. The main causes are pregnancy and childbirth. Other causes include being overweight, radiation treatment, surgery and getting older.

Common symptoms include:

- Feeling heaviness, fullness, pulling, or aching in the vagina. It gets worse by the end of the day or during a bowel movement.
- Seeing or feeling a “bulge” or “something coming out” of the vagina
- Having a hard time starting to urinate or emptying the bladder completely
- Having frequent urinary tract infections
- Leaking urine when you cough, laugh, or exercise
- Feeling an urgent or frequent need to urinate
- Feeling pain while urinating
- Leaking stool or having a hard time controlling gas
- Being constipated
- Having a hard time making it to the bathroom in time

Your health care provider diagnoses the problem with a physical exam, a pelvic exam or special tests. Treatments include special pelvic muscle exercises called **Kegel exercises**. A mechanical support device called a pessary helps some women. Surgery and medicine are other treatments.

— NIH: National Institute of Child Health and Human Development

Lacking slumber this summer? You may have insomnia

Insomnia is a common sleep disorder. If you have it, you may have trouble falling asleep, staying asleep, or both. As a result, you may get too little sleep or have poor quality sleep. You may not feel refreshed when you wake up.

Symptoms of insomnia include:

- Lying awake for a long time before you fall asleep
- Sleeping for only short periods
- Being awake for much of the night

- Feeling as if you haven't slept at all

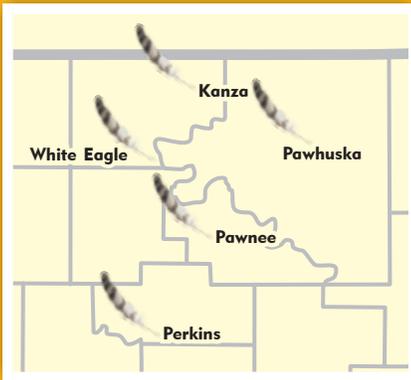
- Waking up too early

Your doctor will diagnose insomnia based on your medical and sleep histories and a physical exam. He or she also may recommend a sleep study. A sleep study measures how well you sleep and how your body responds to sleep problems.

Treatments include lifestyle changes, counseling and medicine.

— NIH: National Heart, Lung and Blood Institute





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
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'Leaves of three, let it be'

How to avoid poison ivy, oak and sumac

If you spend time outdoors, then chances are you have been bothered by poison ivy, poison oak or poison sumac at some point.

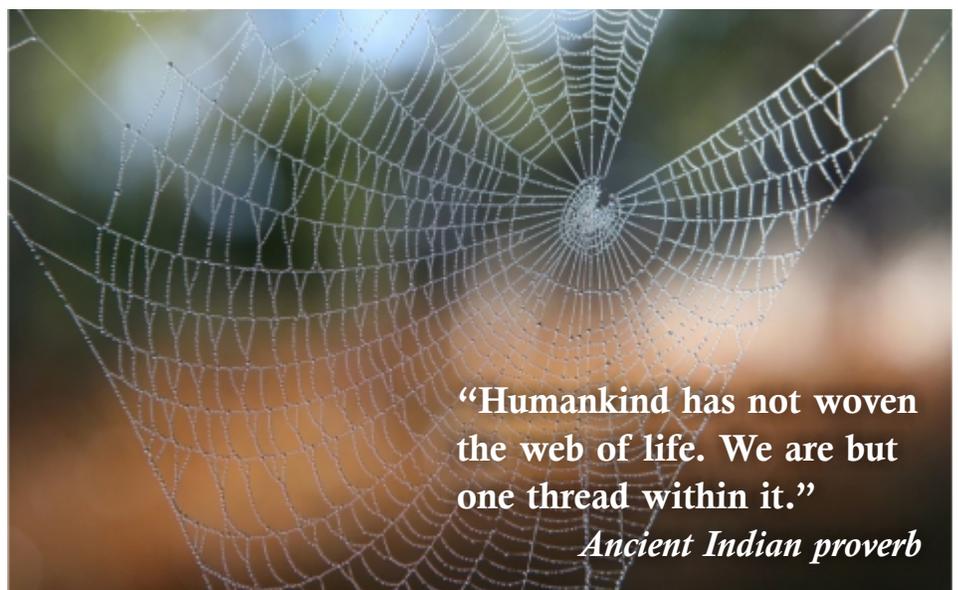
Most people are sensitive to the plants' oily sap. The sap is in the root, stems, leaves and fruit of these plants. If it gets on your skin, it causes a blistering skin rash. The rash can range from mild to severe, depending on how much sap gets on your skin and how sensitive you are to it.

Problems can also happen if the plants are burned. Airborne sap-coated soot can get into the eyes, nose, throat and respiratory system.

The best way to avoid the rash is to learn what the plants look like and stay away from them. If you come into contact with the plants, wash your skin and clothing right away.

If you develop a rash, ask your pharmacist about over-the-counter medicines. For severe rashes, see your doctor.

— National Park Service



"Humankind has not woven the web of life. We are but one thread within it."

Ancient Indian proverb