January is Cervical Cancer Awareness Month

When was your last pap test?

Winter 2012

Kaw Nation Women's Health

INSIDE THIS ISSUE

Protect yourself from osteoporosis

Healthy eating on the go

Spicy buffalo chili

January is Cervical Cancer Awareness Month

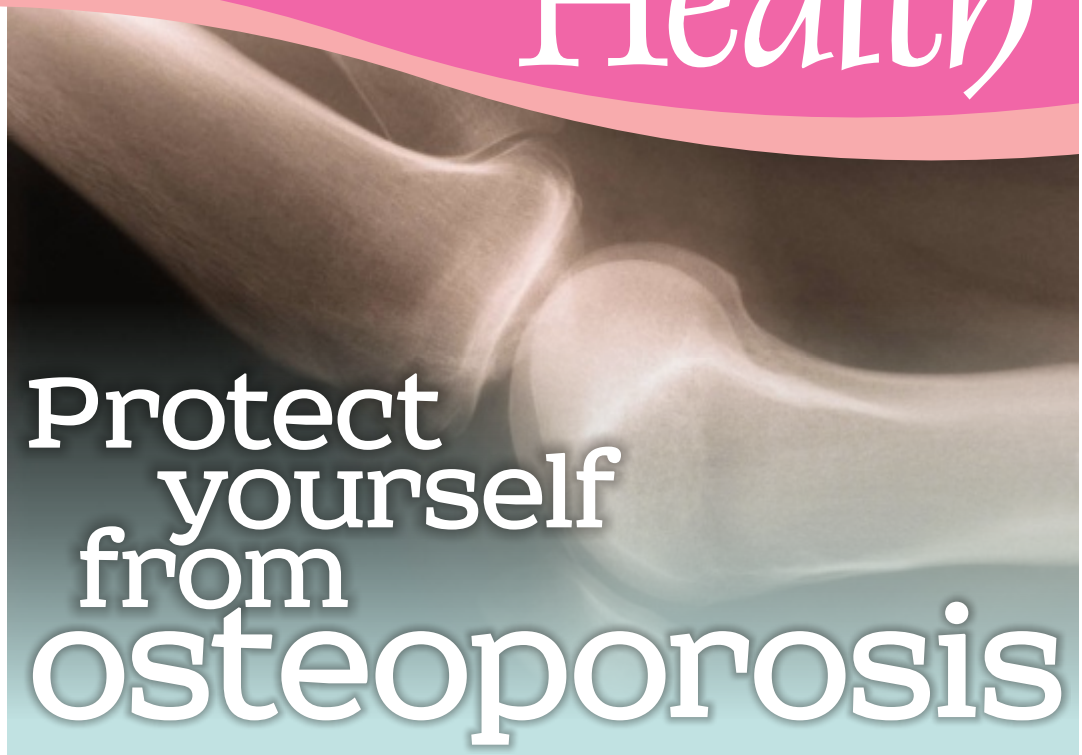
Winter mobile mammogram schedule

Kanza
Jan. 4 and March 15, 2013

White Eagle
Feb. 1, 2013

Pawhuska
Jan. 17 and March 19, 2013

Pawnee and Perkins
Talk to your health care provider about scheduling an appointment



Protect yourself from osteoporosis

Bone up with these tips

Osteoporosis is a serious condition in which the bones become weak and can break more easily. It leads to about 2 million fractures yearly.

Follow these tips to help prevent osteoporosis:

➢ **Get enough of the mineral calcium.** Calcium-rich foods include nonfat and low-fat dairy, sardines, collard greens, soybeans, tofu, turnip greens, salmon and calcium-fortified orange juice. If you aren't getting enough calcium, ask your doctor about supplements.

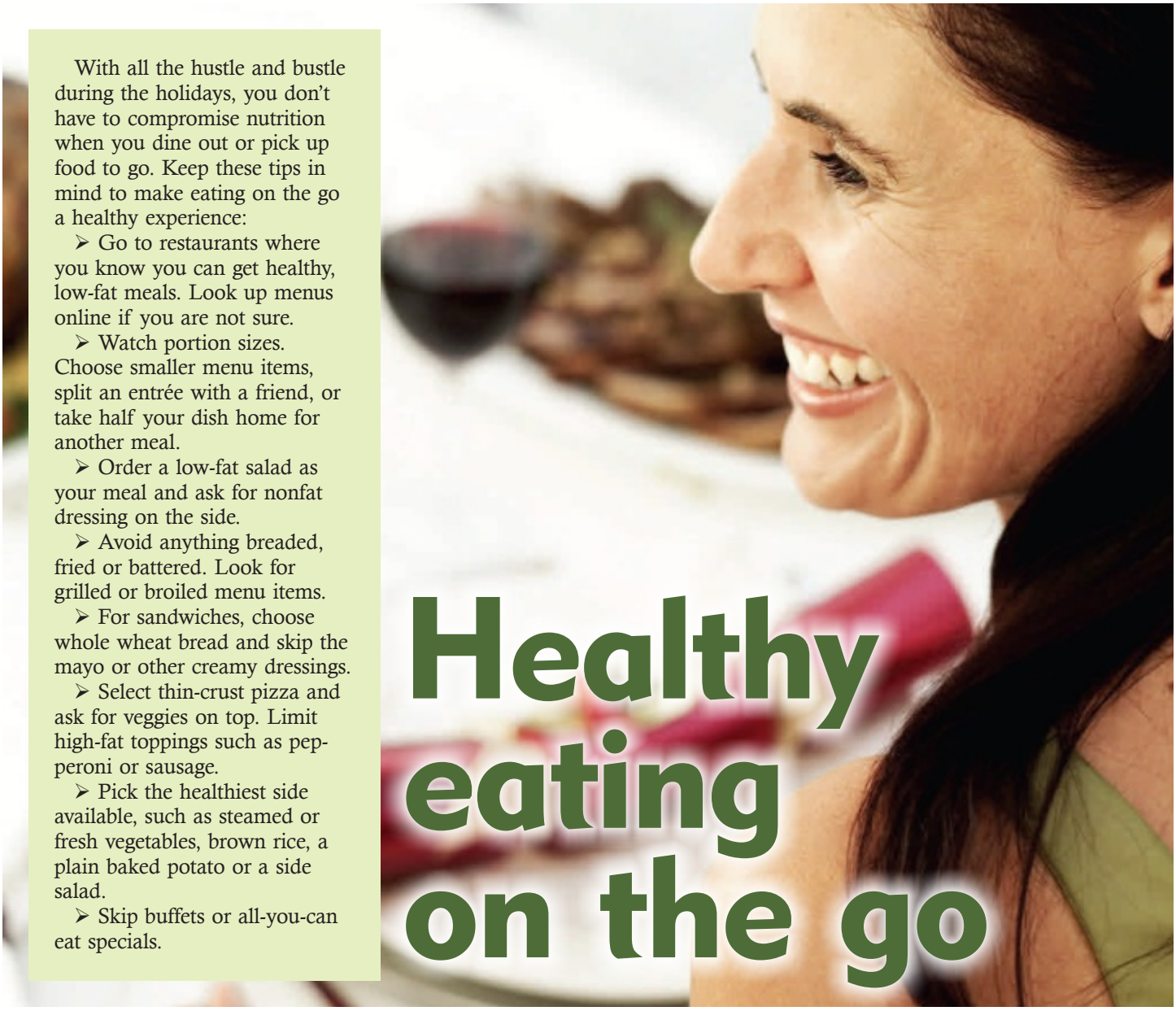
➢ **Get enough vitamin D.** It is available in only a few foods: fatty fish like salmon or tuna, and fortified dairy products, orange juice, soy milk and cereals. Talk to your doctor about getting your balance of vitamin D through sunlight and/or supplements.

➢ **Strengthen your bones with physical activity.** It's particularly important to take part in weight-bearing exercises like dancing, walking and stair climbing and muscle-strengthening exercises like weightlifting.

➢ **Avoid additional risk factors,** such as not eating enough fruits and vegetables; consuming too much protein, sodium, caffeine and alcohol; being inactive and smoking.

Smart snacks

Fresh fruit
Low-fat yogurt
A handful of nuts
Oatmeal
Turkey slices
A little dark chocolate
Tuna
Sunflower seeds
Fresh vegetables
Sardines



Healthy eating on the go

With all the hustle and bustle during the holidays, you don't have to compromise nutrition when you dine out or pick up food to go. Keep these tips in mind to make eating on the go a healthy experience:

- Go to restaurants where you know you can get healthy, low-fat meals. Look up menus online if you are not sure.
- Watch portion sizes. Choose smaller menu items, split an entrée with a friend, or take half your dish home for another meal.
- Order a low-fat salad as your meal and ask for nonfat dressing on the side.
- Avoid anything breaded, fried or battered. Look for grilled or broiled menu items.
- For sandwiches, choose whole wheat bread and skip the mayo or other creamy dressings.
- Select thin-crust pizza and ask for veggies on top. Limit high-fat toppings such as pepperoni or sausage.
- Pick the healthiest side available, such as steamed or fresh vegetables, brown rice, a plain baked potato or a side salad.
- Skip buffets or all-you-can eat specials.

Let's talk turkey

The good news about healthy eating during the holidays? Turkey is one of the leanest types of meat.

Stick to broiling, stewing or baking as preparation methods. Cook using a rack so the fat will drip away from the meat.

Frying turkeys may be popular these days, but doing so turns that healthy turkey into a dieting don't.

As a rule of thumb, try to always eat white meat poultry, which is leaner than dark meat. So, choose chicken breast slices over a drumstick.

Spicy buffalo chili

Prep time 15 minutes
Cook time 1 hour
Total time 1 hour, 15 minutes

Ingredients

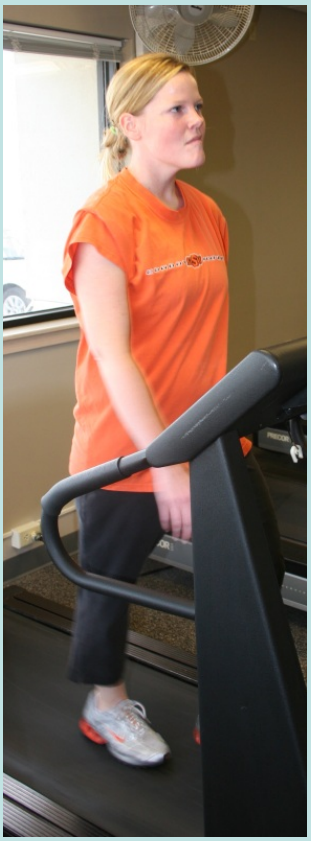
1 tablespoon vegetable oil
2½ pounds ground buffalo meat
1 large onion, chopped
3 cloves garlic, minced
2 jalapeños, seeded and diced
1 red bell pepper, diced
1 can (28-ounce) tomato puree
½ cup chili powder
1 tablespoon ground cumin
½ teaspoon ground chipotle pepper
¼ teaspoon cinnamon
1½ teaspoon salt
½ teaspoon ground black pepper
½ teaspoon cayenne
2 cups beef broth, or water
2 (15-ounce) cans pinto beans, drained water as needed

Directions

In a large pot, over med-high heat, cook the buffalo in the oil until browned and broken in small pieces. Add the onions and sauté for 5 minutes. Add the garlic and cook for one minute.

Add all remaining ingredients, except the beans, and bring to a boil. Reduce the heat to low and simmer 1 hour, stirring occasionally. Add the beans and cook for 15 minutes more. Water can be added during the cooking to adjust for thinner or thicker chili.

Buffalo meat tastes just like beef and has less fat and calories. This makes it a great choice for stews and chili recipes.



Fitting in a cardio program

Cardio exercises are physical activities that raise your heart rate. Cardio activities include running, swimming and brisk walking.

Your body needs cardio to increase lung capacity, strengthen your heart, lower your risk for diabetes and more.

Fit in a cardio workout at least five days a week, for 30 minutes each — more if you need to lose weight.

Always talk to your health care provider before starting any new exercise program.

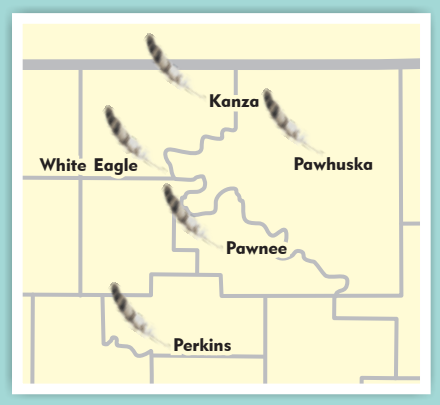
Guard against the cold and flu

The cold and flu season is under way, so clean your hands often with hand sanitizer or soap and warm water.

Avoid touching your eyes, nose or mouth. Sneeze or cough into your sleeve if you don't have a tissue.

And if you're sick, stay home.

Ask your doctor about getting a flu shot to help you weather the season in good health.



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

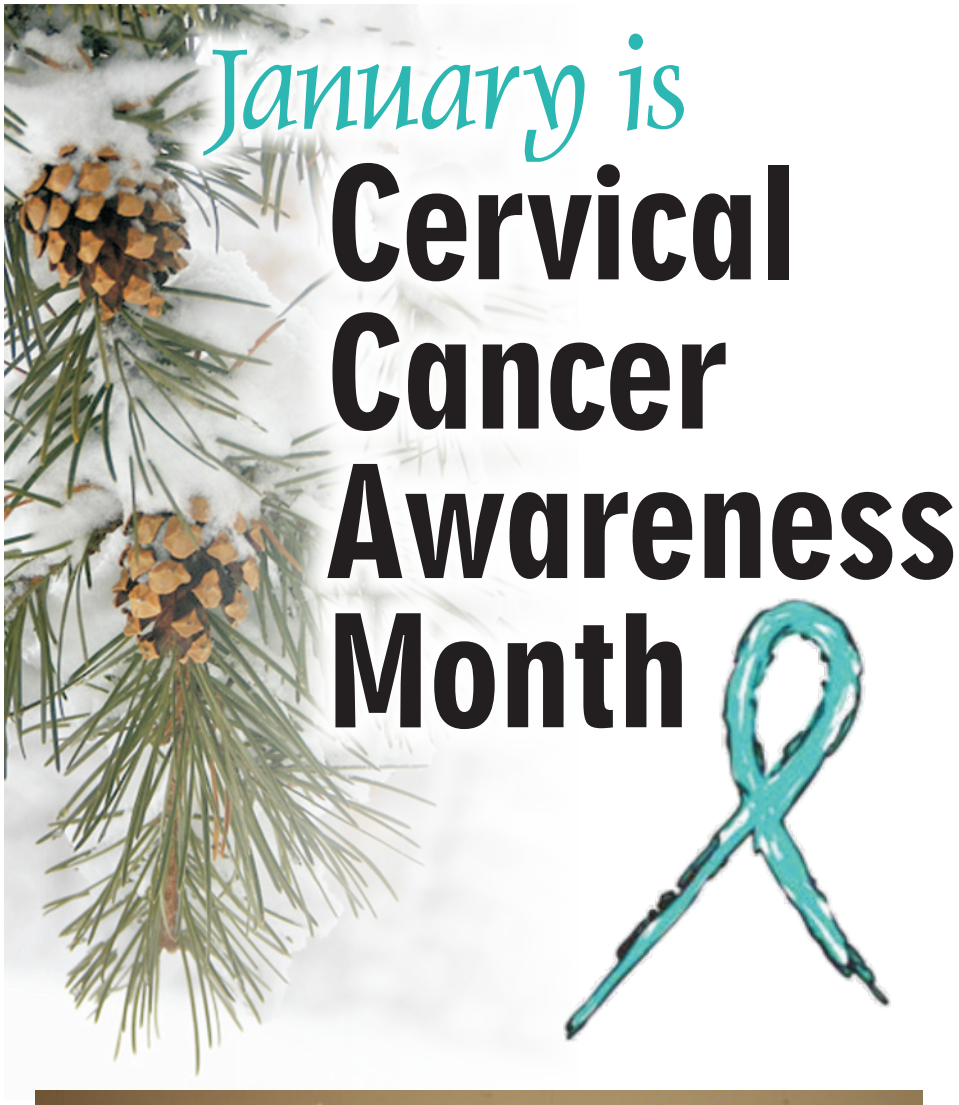
The **Kaw Nation Women's Health Program** does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

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



How can HPV cause cervical cancer?

HPV can infect a woman's cervix and cause normal cells to become abnormal. If HPV goes away, cervical cells go back to normal.

But if HPV stays on the cervix for many years, it can turn those cells into cancer over time.

Abnormal cells can be found with a screening test called the Pap test.

Problems that are found early can be treated before they turn into cancer. That is why cervical cancer is the easiest female cancer to prevent.

Pass on the tradition of good health.