



Kaw Nation Women's Health

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Maintaining a healthy weight



Keeping a healthy weight is crucial. If you are underweight, overweight or obese, you may have a higher risk of certain health problems.

About two-thirds of adults in the United States are overweight or obese. Achieving a healthy weight can help you control your cholesterol, blood pressure and blood sugar. It might also help you prevent weight-related diseases, such as heart disease, diabetes, arthritis and some cancers.

Eating too much or not being physically active enough will make you overweight. To maintain your weight, the calories you eat must equal the energy you burn. To lose weight, you must use more calories than you eat. A weight control strategy might include:

- Choosing low-fat, low-calorie foods;
- Eating smaller portions;
- Drinking water instead of sugary drinks;
- Being physically active.

Eating extra calories within a well-balanced diet can help to add weight.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

WEIGHT LOSS TIPS



- ☑ Eat smaller serving sizes
- ☑ Don't taste food while cooking
- ☑ Leave leftovers alone during cleanup
- ☑ Eat slowly
- ☑ Second helpings add calories
- ☑ Use a smaller plate
- ☑ Stop exactly when you feel full
- ☑ Eat what you like, but in smaller portions
- ☑ Start your day with a larger meal than the one you end your day with
- ☑ Shop for groceries on a full stomach
- ☑ Share your food
- ☑ Don't eat at your desk or in front of the television
- ☑ Take up crafts that keep both your hands busy like knitting, beading or sewing

Cervical cancer awareness

Kaw Women's Health Program wants you to know that there's a lot you can do to prevent cervical cancer. About 79 million Americans currently have HPV (human papillomavirus), the most common sexually transmitted disease. HPV is a major cause of cervical cancer.

The good news? HPV can be prevented by the HPV vaccine.

Cervical cancer can often be prevented with regular screening tests, called Pap tests, and follow-up care.

Kaw Women's Health Program encourages:

Women to start getting regular Pap tests at age 21;

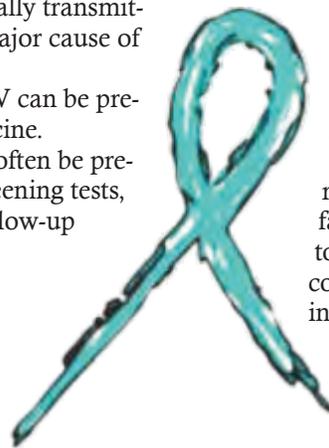
Women to get the HPV vaccine before age 27;

Parents to make sure their pre-teens get the HPV vaccine at age 11 or 12;

Men to get the HPV vaccine if they are under age 22.

Thanks to the health care reform law, you and your family members may be able to get these services at no cost to you. Check with your insurance company.

Taking small steps can help keep you safe and healthy.



**Pass on the tradition of good health.
Have you had your pap test?**

Celebrate **National Wear Red Day** this February

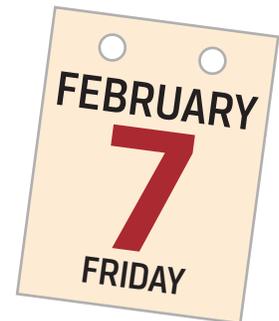


Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Kaw Women's Health Program is proudly participating in American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- ♥ Watch your weight.
- ♥ Quit smoking and stay away from secondhand smoke.
- ♥ Control your cholesterol and blood pressure.
- ♥ If you drink alcohol, drink only in moderation.
- ♥ Get active and eat healthy.

**Don't forget to
WEAR RED
on Friday, Feb. 7**



Knowing the dangers of secondhand smoke

Secondhand smoke is a mixture of the smoke that comes from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by the smoker. It contains more than 7,000 chemicals. Hundreds of those chemicals are toxic and about 70 can cause cancer.

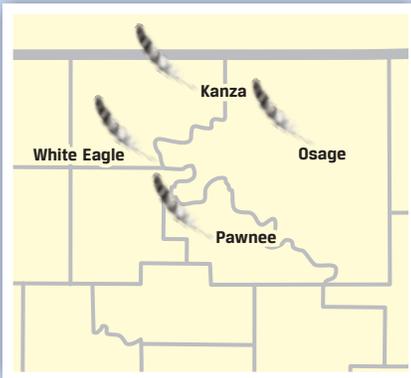
Health effects of secondhand smoke include:

- ⊗ Ear infections in children;
- ⊗ More frequent and severe asthma attacks in children;
- ⊗ Heart disease and lung cancer in adults who have never smoked.

There is no safe amount of secondhand smoke. Even low levels of it can be harmful. The only way to fully protect nonsmokers from secondhand smoke is not to allow smoking indoors.

Centers for Disease Control and Prevention





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

Osage
918-287-4491

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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March is Colorectal Cancer Awareness Month

Of cancers that affect both men and women, colorectal cancer is the second-deadliest cancer in the United States. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer — that's why it's so important to get screened.

To increase awareness of the importance of colorectal cancer

screening, Kaw Women's Health Program is proudly participating in Colorectal Cancer Awareness Month.

People over age 50 are at highest risk for colorectal cancer. Other risk factors include smoking, having a family history of colorectal cancer

and being African-American.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50.

- Quit smoking and stay away from secondhand smoke.

- Get active and eat healthy.

