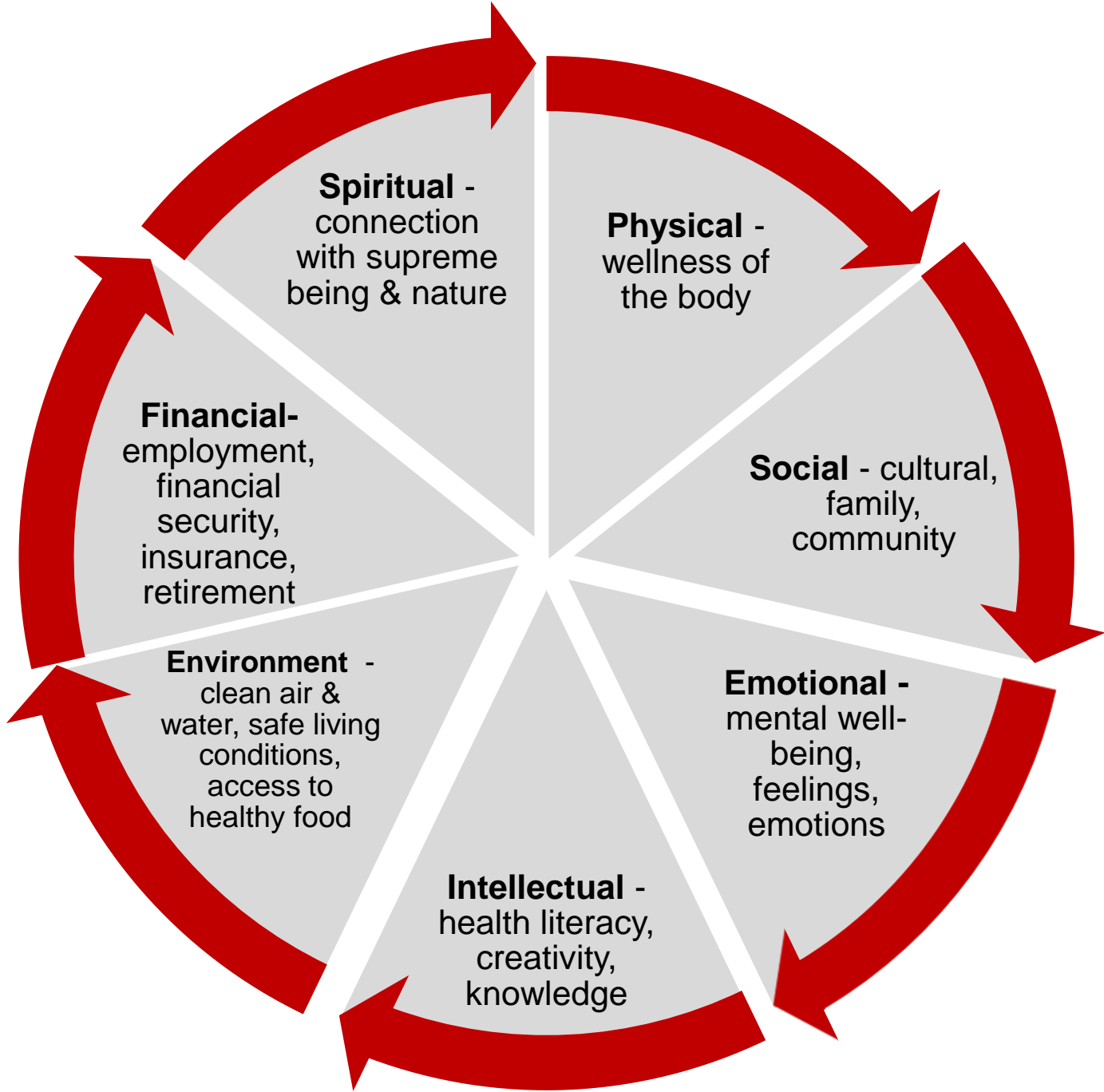


7 Domains of Women's Health

Kirtly Parker Jones MD

Disclosures

- The 7 Domains of Women's Health is a project of the University of Utah Center of Excellence in Women's Health.







My body requires HEALTHY FOOD AND ACTIVITY

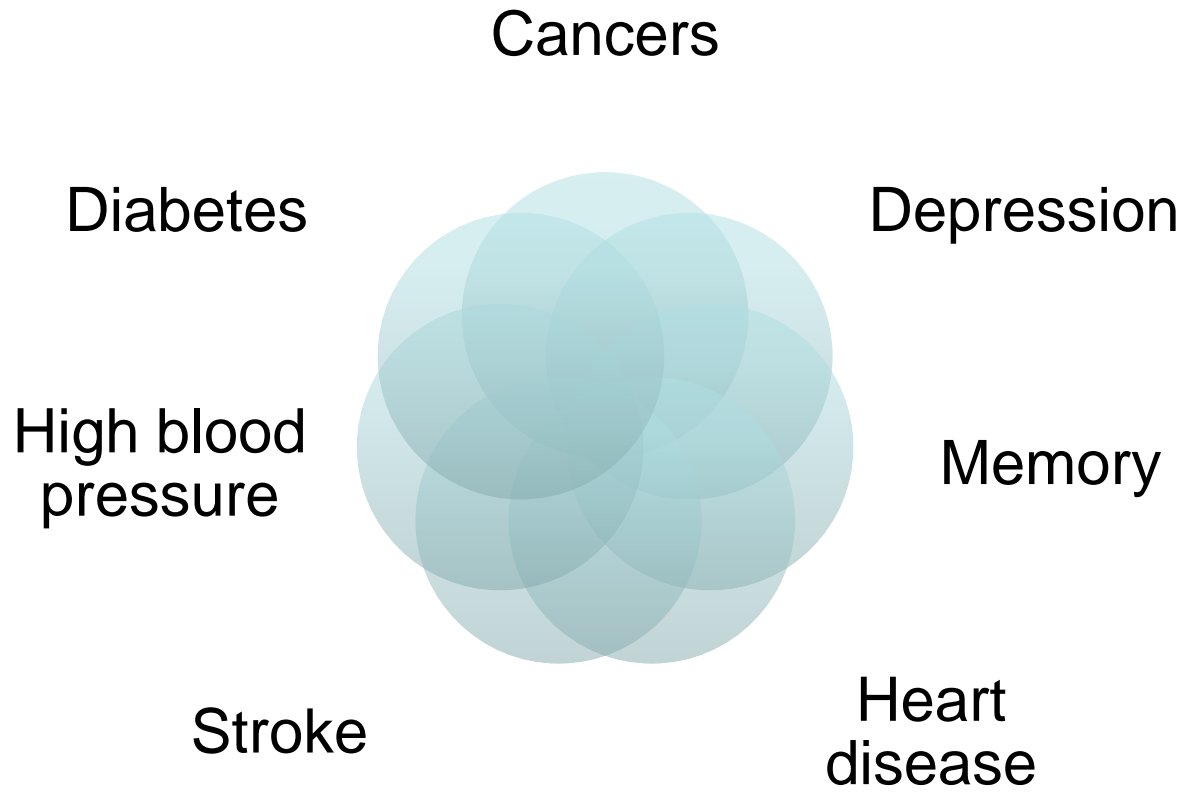


Women's Top Health Worries in Midlife

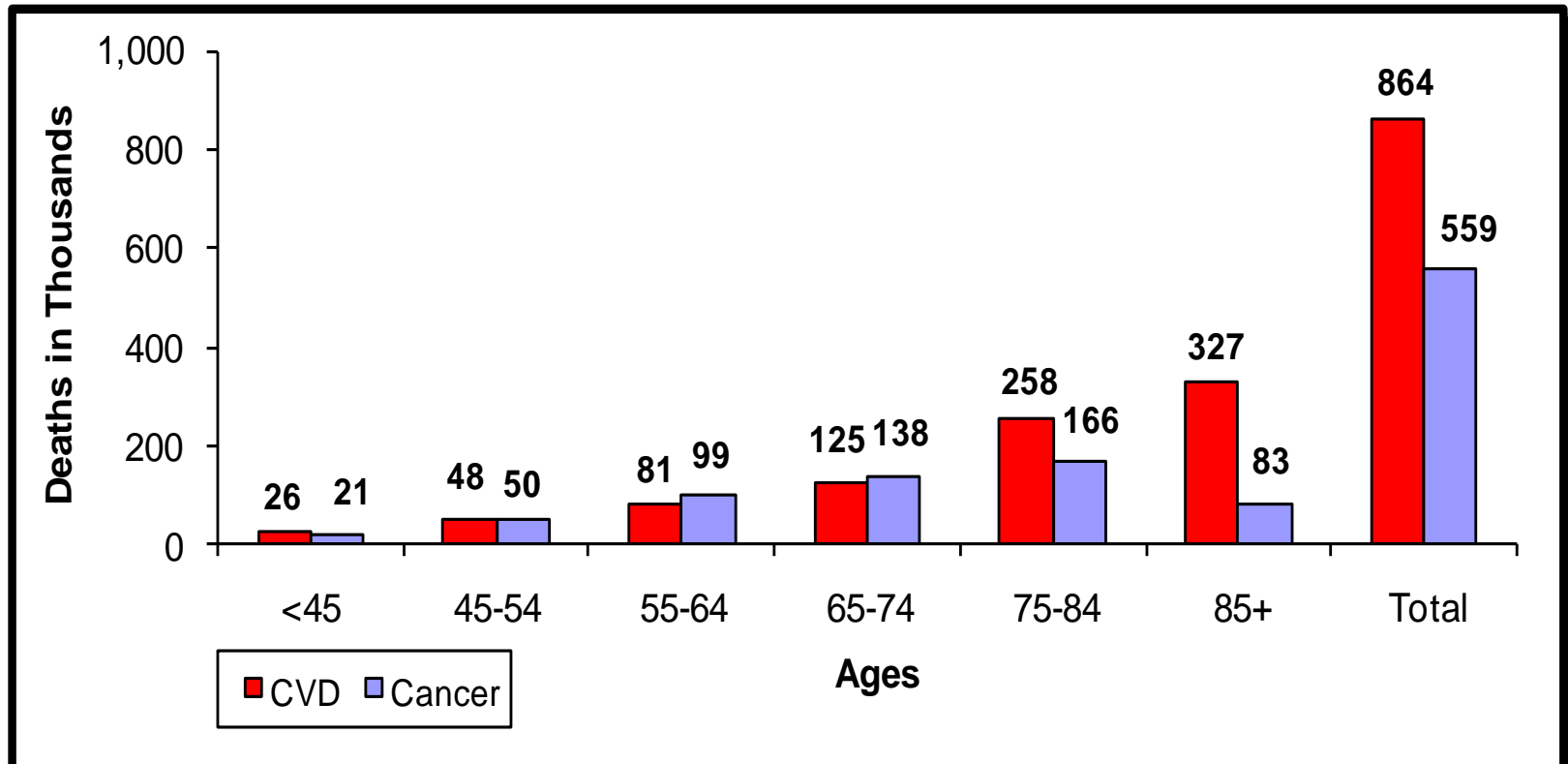
- Memory
- Menopause
- Heart health
- Coping skills
- Cancer



Lifestyle is common risk factor



How does CVD compare to Cancer?



Women – Warning Signs

- McSweeney (2003) more than one month before MI:
 - Unusual fatigue – 70.7%
 - Sleep disturbances – 47.8%
 - Shortness of breath – 42.1%
 - Indigestion – 39.4%
 - Chest discomfort – 29.7%

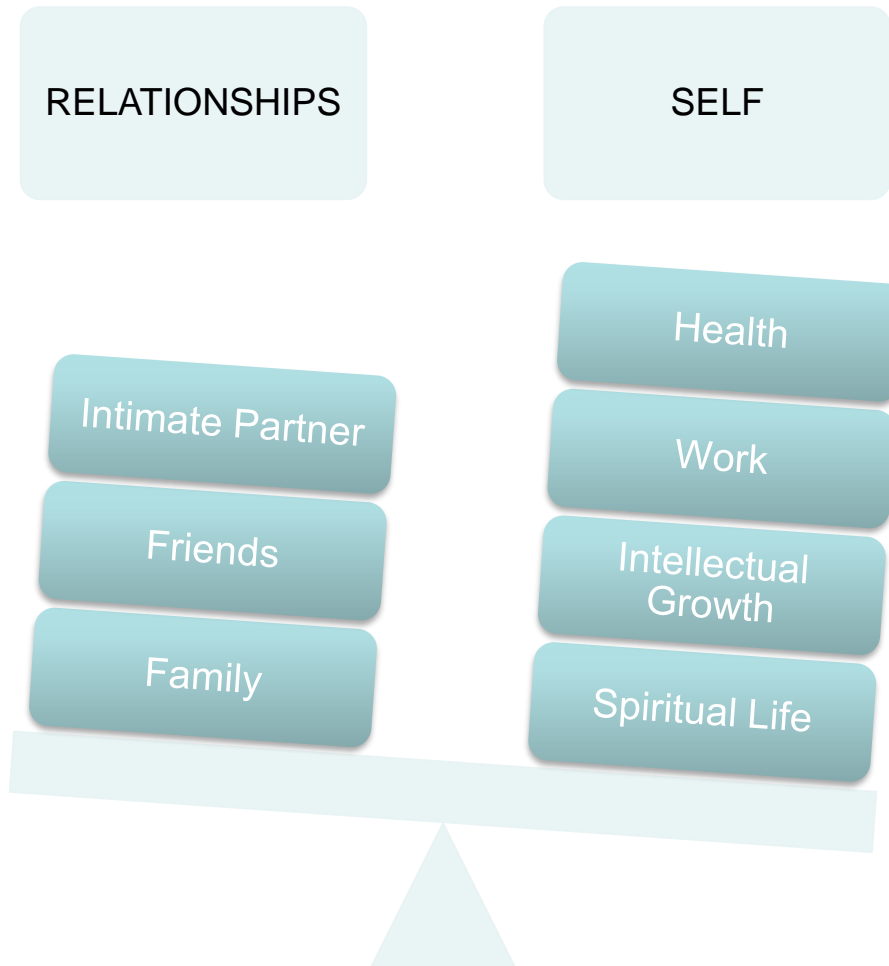


SOCIAL HEALTH



I NEED SUPPORTIVE FAMILY,
FRIENDS, COMMUNITY

BALANCE YOUR FOUNDATION

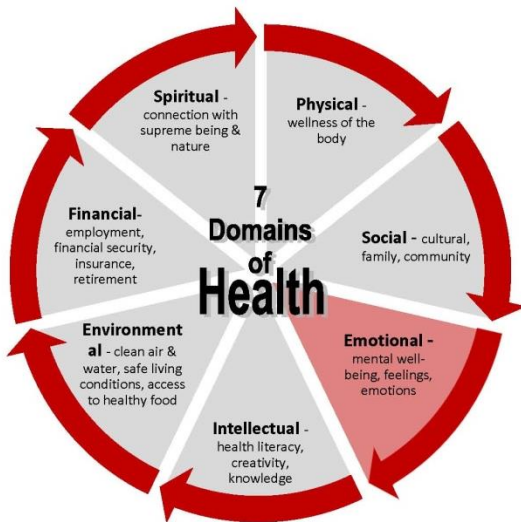


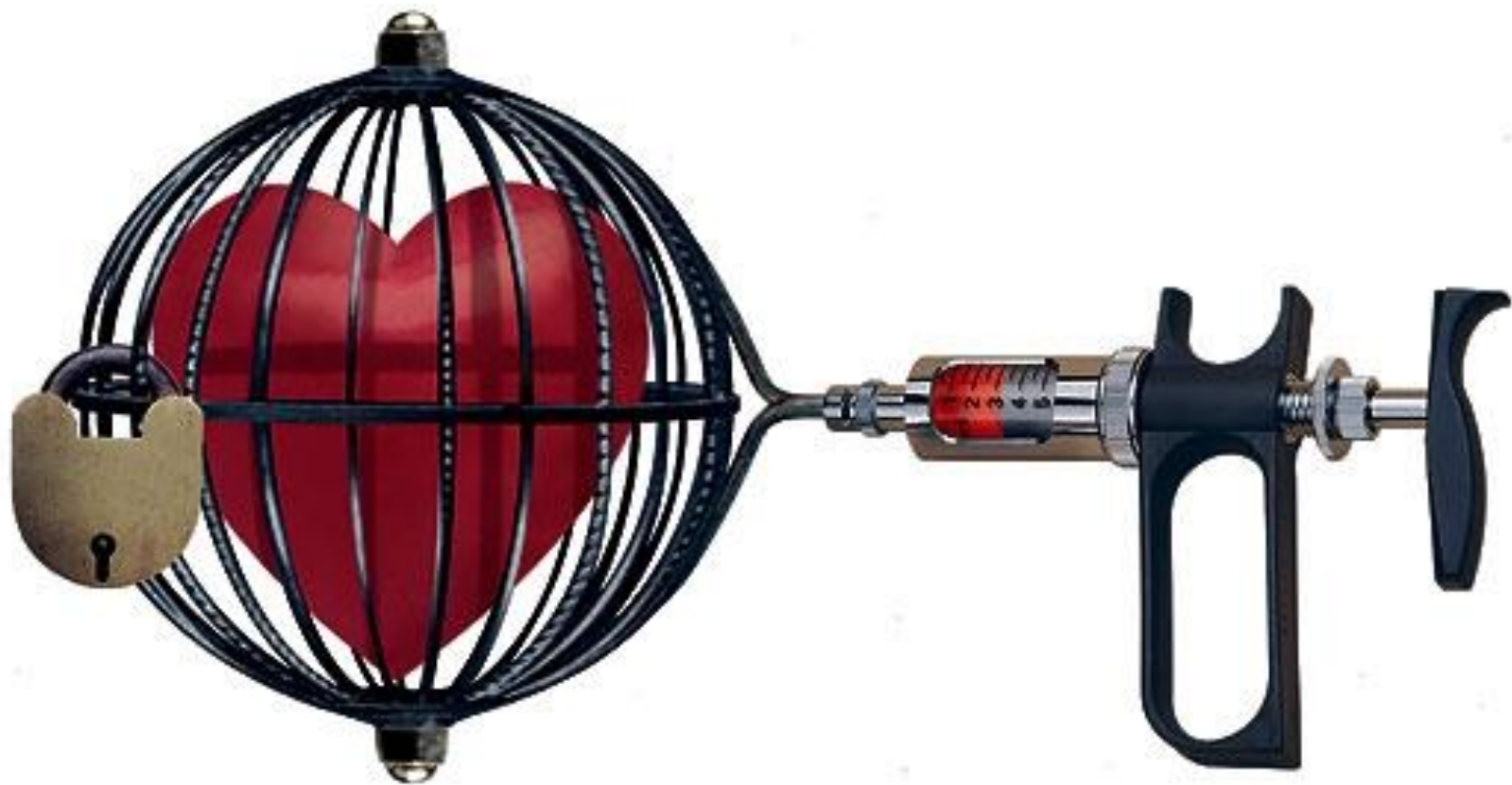


Lead a Purposeful
Life

Emotional Health

My healthy mind depends on how I cope with stress of life





The “Big Bad 5”

- Unchecked worry and anxiety
- Chronic struggles with depression
- Unchecked anger, hostility or cynicism
- Isolation and Loneliness
- Chronic Marriage or Family Tensions and Conflict



**THINGS YOU
CAN
CONTROL**

Where
To focus
Your
energy

**THINGS
THAT
MATTER**



I am able to learn and grow; read and write

Education is a powerful
predictor of better health

Cognition and Lifestyle

- Women who exercise regularly have better cognitive scores
- Prescribing exercise is hard to randomize and placebo control but some studies show a small increase in psychological tests, and reaction time
- Exercise does decrease stress and psychological distress which effect memory

Cognition and Diet

- Antioxidants, phytochemicals
- Diet rich in antioxidants retards normal cognitive aging process and can enhance cognitive function in aging rats
- People who have diets rich in phytochemicals have better cognitive function
- (People who can choose their food have better cognitive function)
- Prescribing vitamins doesn't work

Cognition and Stress

- Short term stress enhances memory
- Long term stress decreases hippocampal neurons in animals, and blood flow in humans
- Long term stress is toxic to memory – through direct effect on neurons, or by oxidative stress and corticosteroids

SOC – A Positive Aging Strategy for Functional Maintenance

- (S)electivity
 - Eliminate what you don't need
 - To focus on what's important
- (O)ptimization
 - Practice
 - To preserve what you have
- (C)ompensation
 - Adjust what can't be fixed

A Mnemonic for Remembering a Name

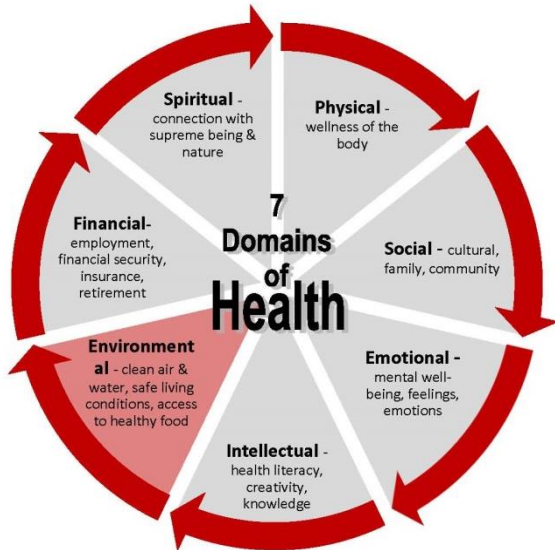
- Identify a prominent feature
 - white hair, mustache
- Connect the feature with something familiar
 - That white hair reminds me of a “pile” of “snow”
- Form a visual image linking name to feature
 - When I see that face I notice that white hair and it reminds me of a “pile” of “snow”



Paul Snowdon

ENVIRONMENTAL HEALTH

Where I live, work and play I need Healthy water, air, and safety



Healthy Homes

- Check for lead paint and pipes; manage dust
- Avoid canned foods and beverages
- Avoid certain types of plastics:
 - **No. 3:** Polyvinyl chloride (PVC)
 - **No. 6:** Styrene (Styrofoam)
 - **No. 7:** Polycarbonate (bisphenol A [BPA])
- Where possible, avoid food stored in plastic containers or plastic wrap
- Avoid vinyl products, such as shower curtain liners

Healthy Homes

- Avoid using pesticides in homes, lawns, gardens, or on pets
- Wash fruits and vegetables; buy organic when possible; favor thick-skinned fruits and vegetables

Resource Tips:

Extensive resources are available to eliminate the use of pesticides or to use less toxic products. Some examples include:

- Visit www.beyondpesticides.org
- Visit the Pesticide Action Network (PAN): www.pesticideinfo.org
- Download the [Shopper's Guide to Pesticides](#) wallet card from the Environmental Working Group

TAKE THE MOISURIZER CHALLENGE

- Look at the ingredients in your moisturizer
- (can you recognize or pronounce them?)
- Google “campaign for safe cosmetics database” ... OR
- <http://www.cosmeticsdatabase.com/>
- Enter your product
- If it has a score greater than 6, ask yourself who you are going to put it on and why

Healthy Homes

- Home Safety and Unintentional Injuries
 - Install smoke detectors and carbon monoxide alarms
 - Eliminate tripping hazards
 - Poison-proof your home property
 - Keep firearms locked
- Lead Hazards
 - Repair peeling and deteriorating paint
 - Keep people away from renovation or remodeling areas
 - Wash hands often, don't put hands in your mouth
 - Prevent dust from spreading

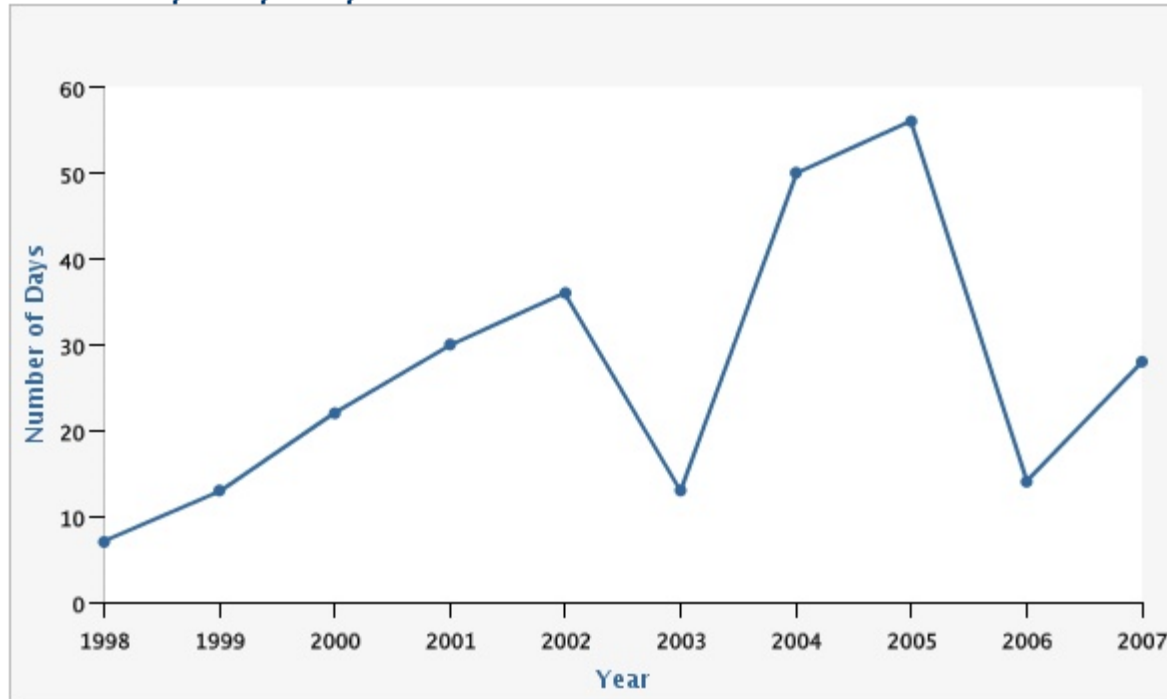
Healthy Homes

- Indoor Air Quality
 - Service gas and oil appliances regularly
 - Store solvent chemicals away from the home
 - Air out new carpets and furniture
 - Avoid smoking
- For More Information:
 - www.health.utah.gov
 - www.airquality.utah.gov
 - www.cdc.gov
 - www.ibis.health.utah.gov

Definition

PM2.5 includes small particles in the air that are 2.5 micrometers in diameter or smaller. This includes particles like dust, dirt, soot, and smoke. PM2.5 levels are generally higher during the winter months due to weather, temperature, and inversions. PM2.5 is measured in micrograms per cubic meter. The Environmental Protection Agency's PM2.5 standard states that the average 24-hour PM2.5 levels should not exceed 35 micrograms per cubic meter.

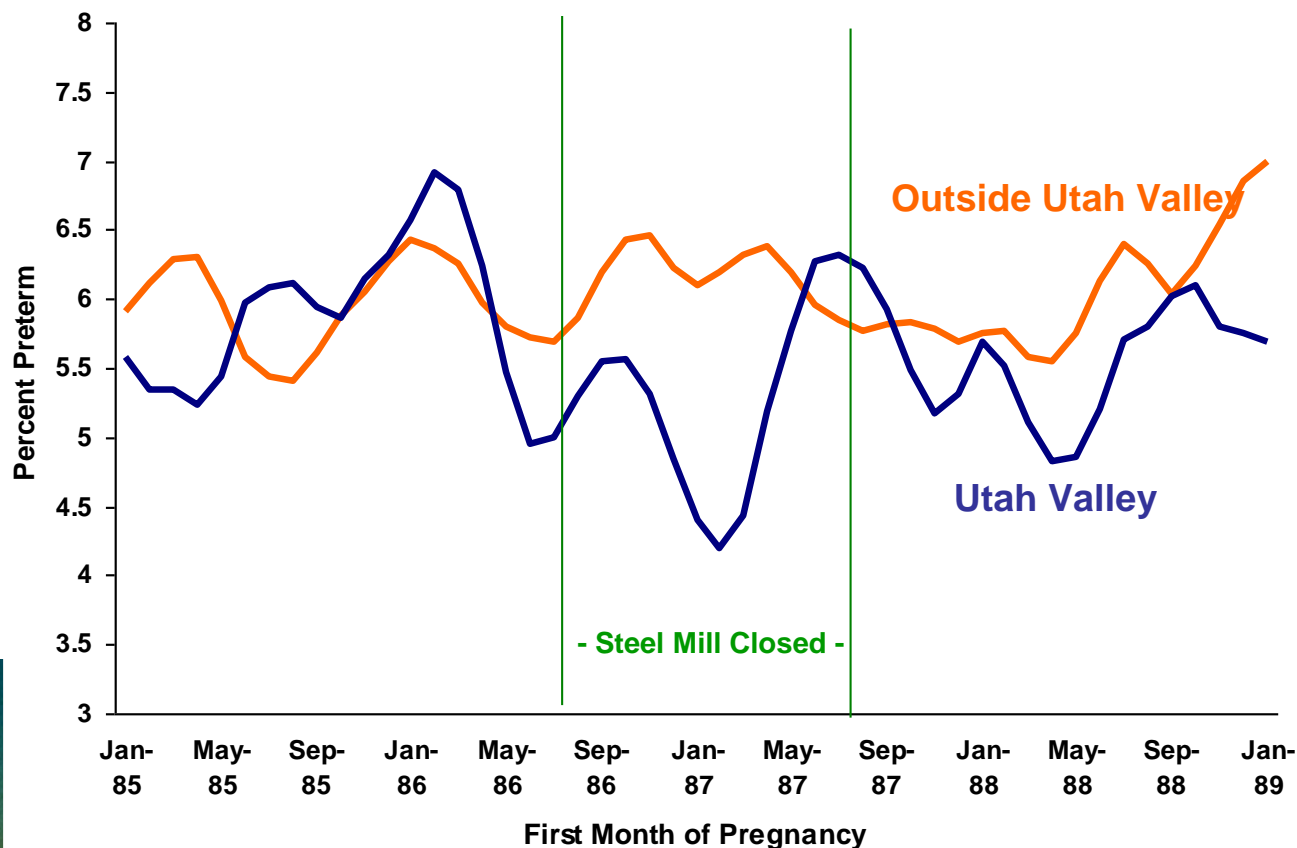
Number of Days With PM2.5 Levels Over the National Ambient Air Quality Standard by Year, Utah, 1998-2007



- Small particles in the air that are 2.5 micrometers in diameter or smaller.
- Includes dust, dirt, soot, smoke
- Generally higher during winter months
- Weather, temperature, and inversions
- Measured in micrograms per cubic meter.
- EPA's standard: the average 24-hour levels should not exceed 35 micrograms per cubic meter.

Preterm birth during steel mill closure – Utah Valley

Geneva Steel, Utah Valley, 1989 ($PM_{10} = 150 \mu\text{g}/\text{m}^3$)



Parker, Mendola, Woodruff
Epidemiology 2008

FINANCIAL HEALTH

I am able to pay my bills and take care of my family's needs



Is finance a women's issue?

“A series of studies has found that when women hold assets or gain incomes, family money is more likely to be spent on nutrition, medicine and housing, and consequently children are healthier.”

Managing spending

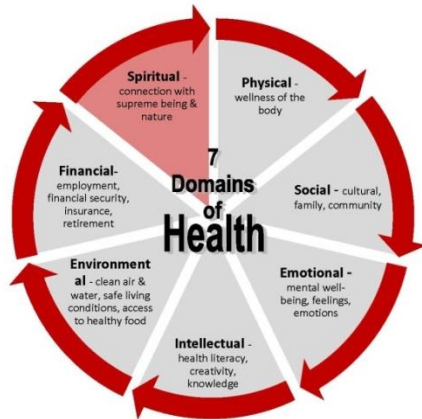
- Keep a spending log
- Analyze your log to see where the money is going
- Write down all sources of income
- Make a budget – in pencil
- Set a savings goal
- Keep 3 to 6 months expenses in liquid savings

Retirement

- What is your life expectancy at age 65?
- *20 years for a woman*
- How much income do you need?
- *70% of the income you had while working*

Spiritual Health—the interconnectedness of all things

My connection with God, Spirit, Nature



spirituality

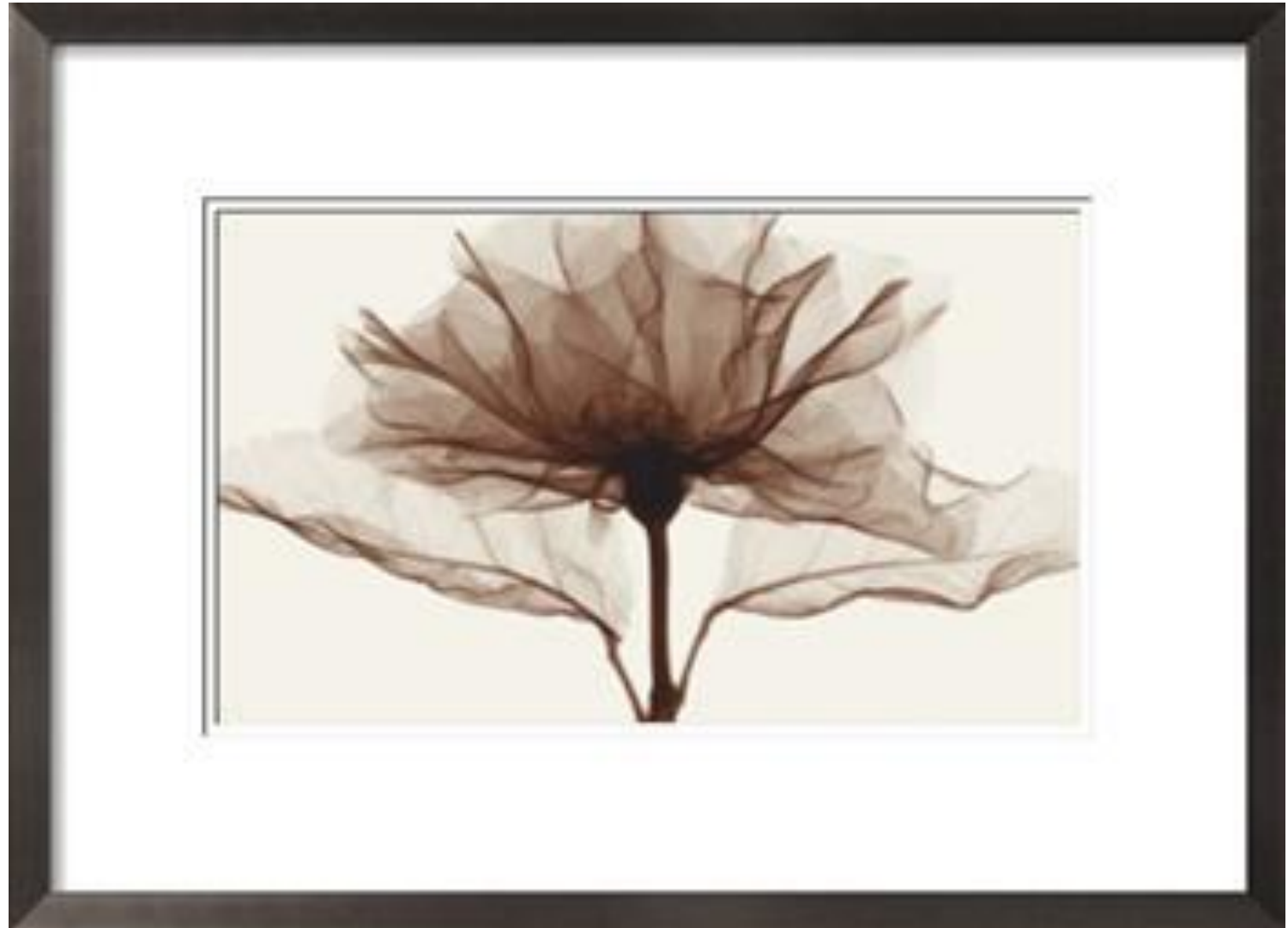


STEVEN N. MEYERS ALLIUM

love



grace



serenity



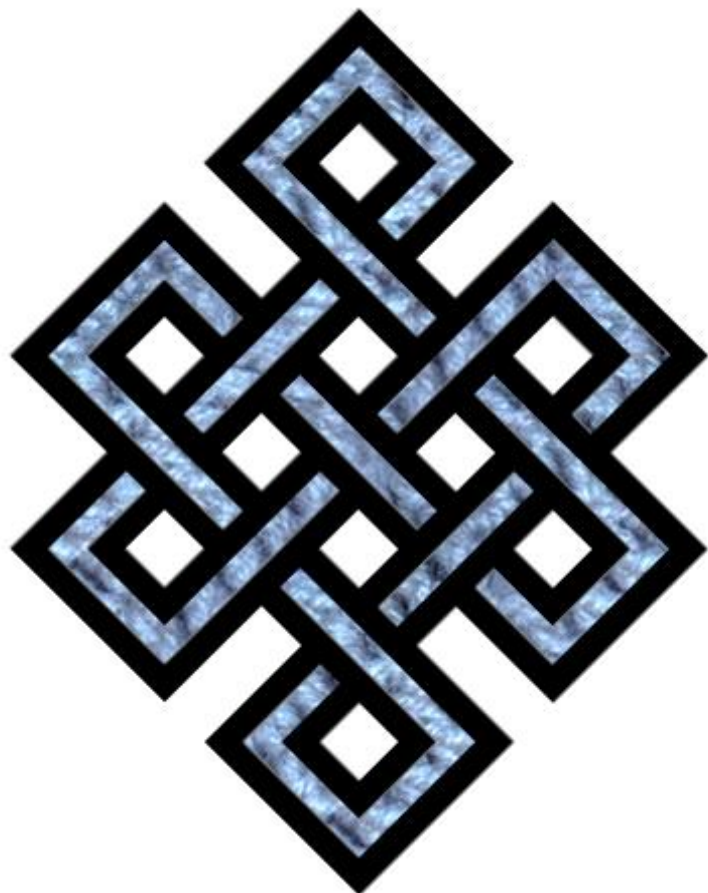
STEVEN N. MEYERS

TRIUMPH TULIP

RADIOGRAPHE ST. BATHÉ

resilience





SERENITY PRAYER

God grant me the serenity
to accept the things
I cannot change.
The courage
to change the things I can,
and the wisdom
to know the difference.

For All Women (and men)

- **“Live in rooms full of light, avoid heavy food, be moderate in the drinking of wine, take massage, baths, exercise and gymnastics, change surroundings and take long journeys, strictly avoid frightening ideas, indulge in cheerful conversation and amusements, listen to music”**

A. Cornelius Celsus

Physician, 1st Century AD

Seven Domains of Health

