



## Making the Connection

Although significant progress has been made in increasing awareness among women that heart disease is their #1 killer, most women fail to make the connection between heart disease and their own personal risk of developing the disease. This is a disease that is largely preventable, but kills more women than all forms of cancer combined. And while heart disease risk begins to rise in middle age, heart disease develops over time and can start at a young age, even in the teen years.

I have always focused strongly on heart healthy living for my family, yet when I stopped to consider why, it was from a concern over a strong hereditary risk in my husband's family that then spurred me into action against the disease. Had I really ever considered myself a candidate for the disease? No. I was focused on my husband and sons in the old mentality that heart disease is for men.

In 2002, the Red Dress was introduced as the national symbol for women and heart disease awareness. This helped send an urgent wake-up call to American women. The Red Dress reminds us to protect our own heart health and to encourage



Winter Haven  
Hospital

REGENCY CENTER  
FOR WOMEN & INFANTS

[www.winterhavenhospital.org](http://www.winterhavenhospital.org)

101 Avenue O. SE  
Winter Haven, Florida 33881

Women's Health Horizons  
Ann Hamilton, RN, MN  
Regency Education Director  
Editor

This newsletter is produced by the Regency Center for Women and Infants, which is owned and operated by Winter Haven Hospital, Lance Anastasio, President.

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our women friends and family to do the same. What else can you do to encourage others? Here are some tips from the National Institutes of Health.

- **Organize walking groups for co-workers at lunch.**
- **Place a notice in the church bulletin and hold a Red Dress Day at your place of worship.**
- **Host a brown or “red” bag lunch at work, school, or women’s group and share heart healthy tips.**  
(For resources, go to [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov))
- **Organize a “best red outfit” contest at work.**
- **Wear red on Friday, February 3, to recognize National Wear Red Day.**

And remember Winter Haven Hospital’s annual Heart Smart Ladies Luncheon. You don’t want to miss this heart-warming, heart-inspiring, and heart-protecting event.

Most importantly, take heart disease personally. I do now.

*Ann Hamilton, RN, MN*

Regency Education Director

Editor

[regencyeducation@winterhavenhospital.org](mailto:regencyeducation@winterhavenhospital.org)



A benefit for the patients of Winter Haven Hospital Bostick Heart Center

## An Affair of the Heart Ladies Luncheon

**Date:** Friday, February 3<sup>rd</sup> in conjunction with National Wear Red Day

**Place:** Winter Haven Hospital’s  
Regency Center for Women & Infants  
Wellness Classroom  
101 Ave. O, Southeast • Winter Haven

**Time:** 12:00 p.m.

**Speaker:** Zaheed Tai, D.O.  
Interventional Cardiologist  
Winter Haven Hospital Bostick Heart Center

Come enjoy food and fellowship with the ladies of our community and learn more about the #1 killer of women. **Admission is free but space is limited! Registration is required.**

**For more information on these events, call the Winter Haven Hospital Health Connection: 863-291-6705 or 1-800-416-6705.**



# Recognition

## Winter Haven Hospital received well-deserved recognition

**Published: Winter Haven News Chief - Thursday, October 20, 2011**

Winter Haven Hospital has received well-deserved recognition from the Florida Hospital Association for its efforts to improve women's health.

The association awarded its Community Benefit Award to hospitals larger than 150 beds for the work done by the hospital's Regency Center for Women and Infants.

"We were very thrilled," Ann Hamilton, education director at Regency, who has been there since 1987, told The Ledger.

For the last 17 years, the Women's Health Fair has reached out to women to offer a variety of services, such as Pap tests and blood-chemistry checks, at low cost.

The hospital started the health fair as a way to educate women about their health and inform them about the services Regency and the hospital have to offer.

But these low-cost services have become increasingly important in recent years as the recession has thrown many out of work, depriving women and their families of health insurance.

The hospital association reported that more than 4,500 women have received care through the fair since 1994.

The fair provided more than 3,240 blood chemistry profiles and 1,430 Pap tests. The hospital staff provided more than 12,300 hours of care.

The Community Benefit Award shows once again why Winter Haven Hospital is such an asset to this community.

# Research Corner

## Study Suggests Origins of Pre-eclampsia

Researchers at Yale University School of Medicine have discovered more details on how pre-eclampsia is linked to the activity of cells in the placenta. In a normal pregnancy, the father's trophoblasts attach to the walls of blood vessels, increasing the flow of blood and enabling the baby to grow and receive the nutrients it needs. But at the same time, the mother's immune system cells rush to stop the invading trophoblasts. This can mean there is not enough blood flow to the placenta- causing blood pressure to rise. Eventually the hope is that by understanding the underlying causes, researchers can find effective treatments.

Reproductive Sciences 11/11

## Mother-Toddler Bond May Influence Teen Obesity

Teens are more likely to be obese if they had a poor emotional relationship with their mother when they were toddlers, according to a new study. Researchers at the Ohio State University found that the child's risk of obesity at age 15 was highest among those who had the lowest quality emotional relationship with their mothers when they were toddlers. The authors suggest that obesity prevention efforts should include strategies to improve the mother-child bond, as well as promoting healthier eating and exercise. "It is possible that childhood obesity could be influenced by interventions that try to improve the emotional bonds between mothers and children rather than focusing only on food intake and activity," said lead author Sarah Anderson, as assistant professor of epidemiology.

Pediatrics 1/2012

## U. S. Panel, Cancer Groups Discourage Annual Pap Test

Pap tests are still the best way to prevent cervical cancer but women should not seek them every year, a U. S. government-backed expert panel and major cancer groups agreed. With annual testing, there is the risk of over-screening, over-managing and over-treating women who are not actually at risk for getting cervical cancer. Instead, every three years is the new recommendation. The panel also recommended that women under age 21 do not need to get tested. The panel also found little or not benefit in screening women older than 65 who had been previously tested.

[www.nlm.nih.gov](http://www.nlm.nih.gov)

# Health In The News

## New Dosing Directions for Infant Acetaminophen

In an effort to standardize dosing across different acetaminophen products, makers are changing the amount in their medicines.

### Important Points for Parents:

- There may be a time when infant's products with the old and new concentrations are on the store shelves at the same time.
- The old infant's acetaminophen products at 3x more concentrated than the new.
- Using the directions from the new product with the old product could result in serious overdose and cause liver damage
- Always follow the label directions on the product you are using.



**Old Concentration**  
80mg per 0.8ml



**New Concentration**  
160mg per 5ml

### What Parents Need to Know:

- There may be a time when infant's acetaminophen products with the old and new concentrations are on store shelves.
- The old infant products are 3x more concentrated than the new
- Always read and follow the label directions on the product you are using.
- **Talk to your pharmacist or doctor if you have any questions.**

# Could This Be Menopause?

*Waking up to hot and sweaty several times a night left Cathy feeling tired all day. But when she began to feel hot and flushed on and off during the day as well, she went to see her doctor. He told Cathy she was having hot flashes – a sign she was starting menopause. Her doctor explained several ways to control her hot flashes, one of which was short term hormone therapy. Cathy remembered hearing something on TV about hormones and she wondered if they were safe.*

## Do hormones relieve menopause symptoms?

Symptoms such as hot flashes might result from the changing hormone levels during menopause because the ovaries are making much less estrogen and progesterone. To help relieve these symptoms some women use hormones. This is called Menopausal Hormone Therapy (MHT). This approach used to be called Hormone Replacement Therapy or HRT. MHT is a more current term that describes several different hormone combinations.

*A lot of information Cathy read said that taking estrogen is the most effective way to relieve hot flashes, night sweats, and vaginal dryness. Estrogen can also help keep bones strong. But, she wondered, is there a downside?*

Research has found that for some women, there are serious risks, including an increased chance of heart disease, stroke, blood clots and breast cancer. There may also be an increased



risk of dementia in women who start MHT after age 65. These concerns are why every woman needs to think a lot before deciding to use MHT.

Also, some women develop side effects like breast tenderness, spotting, cramping, or bloating. These side effects may be controlled or lessened by changing the type or amount of the hormones.

*Cathy remembers reading that most of the major research done on estrogen and progesterone was done on the oral form of the hormones. She wonders what other options have become available.*

Women now have more options than ever. There are more types and forms of estrogen. For example, synthetic estradiol is now available as a pill, patch, cream or gel. This is chemically identical to the estrogen most active in women's bodies before menopause. If applied to the skin or taken by mouth, it seems to work the same way as natural estradiol in the body. In addition to patches and creams, some estrogens come as emulsions, sprays, and vaginal rings. Further research may show that if the estrogen enters through the skin rather than being taken orally, there may be less risk of stroke, blood clots, and gallbladder disease.

The U.S. Food & Drug Administration now recommends that women choosing menopausal hormone therapy use it for the shortest time needed and at the lowest effective dose.

*Cathy's friend Susan is using "natural hormones" and believes that she is not at risk for any serious side effects. Cathy called her doctor to find out more. He told her that there is very little reliable scientific information about the safety and effectiveness of "natural" or compounded hormones.*

The "natural hormones" Susan uses are estrogen and progesterone made from plants such as soy or yams. Some people also call them "bioidentical" hormones because they are supposed to be chemically the same as those naturally made in a woman's body. These products are made by a compounding pharmacist, who uses a formula decided on by a doctor familiar with this approach. Compounded hormones are not regulated or approved by the FDA. So, we don't know much about how safe or effective they are or how much the quality varies from batch to batch.

Drug companies also make estrogen and progesterone from soy and yams, and these hormones are regulated by the FDA.

There are also herbal treatments available over-the-counter. Black Cohosh is one that women use, but a couple of clinical trials have shown that it did not relieve hot flashes. Also because of rare reports of serious liver disease, scientists are concerned about the possible effects of black cohosh on the liver.

*Cathy is wondering "What's right for me?" She realized that talking to her friends about what they were doing to relieve menopause symptoms was helpful, but she knew that her decision needed to be just for her.*

There is no single answer for all women regarding menopause management. Here are some questions to think about and discuss with the doctor:

- Do menopausal symptoms like hot flashes or vaginal dryness bother me a lot?
- Am I at risk for osteoporosis?
- Do I have a history of or risk factors for heart disease?
- Do I have a family history of breast cancer?
- Do I have history of stroke, blood clots, or liver disease.

Each woman's decisions must be made after talked with her doctor and learning as much as she can.

**Some very good sources for information are:**

**American College of Obstetricians and Gynecologists**  
[www.acog.org](http://www.acog.org)

**National Institutes of Health**  
[www.nih.gov](http://www.nih.gov)

**National Institute on Aging**  
[www.nia.nih.gov](http://www.nia.nih.gov)

**North American Menopause Society**  
[www.menopause.org](http://www.menopause.org)





# Discover the Many Health Benefits of Tai Chi

If you're looking for another way to manage your stress, consider tai chi (TIE-Chee). Originally developed in ancient China for self defense, tai chi evolved into a graceful, relaxing form of exercise. Today, tai chi is used for stress reduction and for a variety of health conditions.

To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pause, ensuring the body is in constant motion.

Tai chi can vary in style and intensity, however, most forms are gentle and suitable for everyone. Regardless of the variation, all forms include rhythmic patterns of movement coordinated with breathing to help achieve a sense of inner calm. This means that tai chi is helping to connect mind, body and spirit.

Despite its long history, tai chi has been studied scientifically only in recent years. Research so far suggests that tai chi can:

- Reduce anxiety and depression
- Improve balance, flexibility, and muscle strength
- Reduce falls in older adults
- Improve sleep quality
- Lower blood pressure
- Relieve chronic pain
- Increase energy, endurance, and agility

Barbara Schuyler, who takes tai chi classes with Instructor Joanne Miknis at the Regency Center for Women and Infants, has found tai chi to be the perfect activity. It has been over four years since Barbara started attending the classes, which are open to men and women of all ages. Barbara did not find tai chi difficult. "You have to concentrate and remember the movements. Joanne is a wonderful instructor. She

reminds us that there is no competition and that nothing we do is wrong.” Barbara, age 80, has macular degeneration of her eyes and had a knee replacement shortly before taking up tai chi. She was reassured to know that tai chi can be practiced by anyone, regardless of age or physical ability. “I feel that my eye condition and my balance have improved because of better breathing and getting oxygen circulating properly in my body,” explains Barbara. “And there are other students that are 90, who have had things like strokes, who find that tai chi is the perfect exercise for them. The instructor is great at modifying the class for special needs.”

### Wondering how to get started with tai chi?

To gain the full benefits and learn the proper techniques, seek instruction from a qualified tai chi instructor, who can teach you to practice tai chi safely, especially if you have injuries, chronic conditions, or coordination problems. Classes, taught by experienced instructor Joanne Miknis, are available at the Regency on Monday's and Thursday's from 4:00-5:00pm. The price, which is pay as you go, is \$5 per class. For further information, call Joanne directly at 863-318-1434, or the Regency Library at 863-294-7020.



# Looking for a Gift for an Expectant or New Mom?

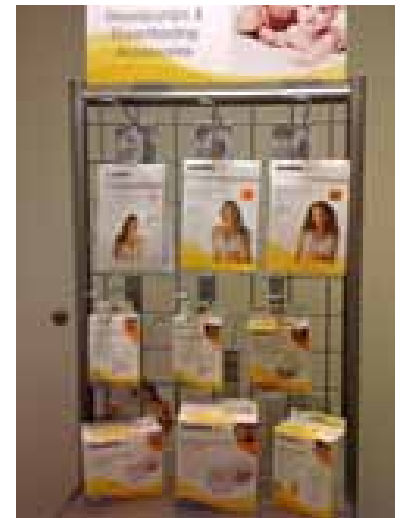
The Lactation Center at the Regency has the perfect answer. Get her started with a pre-made or custom basket, full of supplies sure to be just what she needs. Choose from a wide array of breastfeeding items including nursing bras, pumps, wooden foot stools, washable breast pads, and milk storage bags. Custom baskets can be made in specific colors or themes. Or, when unsure of what might be exactly right for the new mom, give a gift certificate that can be used on the items of her choice.

Expectant mothers may also register with the Breastfeeding Gift Registry and receive personalized cards that can be added to shower invitations which announce that she is registered at the Lactation Center.

The Lactation Center at the Regency also has hospital grade electric breast pumps which provide the most efficient and effective action for moms needing to pump their breast milk. The pumps are available on a monthly rental basis.

The Center is different from other medical supply shops because the Regency has specially trained lactation staff who can give the mom advice and information on any breastfeeding question. The Lactation Center is here to serve the special needs of the breastfeeding family.

To find out more about the services and hours of the Lactation Center, call the Breastfeeding Helpline at (863) 294-7068.



COUPON  
**Special Introductory Offer**

**20% off**

**all Breastfeeding Supplies and Baskets**

Excludes electric pump rental and gift certificates  
Good through 6/30/2012



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**Lactation Center at the Regency**

*Meeting all your breastfeeding needs*

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# Lactation Center at the Regency

*Meeting all your breastfeeding needs*

## Breastfeeding Gift Registry

Mom's Last Name \_\_\_\_\_ First \_\_\_\_\_

Due Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Phone \_\_\_\_\_

Professional Fitting done Y / N size \_\_\_\_\_

### Pumps and accessories

	Price including tax	Date purchased
____ Harmony Breast Pump	37.00	_____
____ Pump In Style Breast Pump	300.00	_____
____ Swing Breast Pump	160.50	_____
____ Quick Clean Bags	5.00	_____
____ Breast Milk Storage Bags (50 ct)	20.00	_____

### Nursing Bras and accessories

____ Comfort Nursing Bra (M-L-XL)	29.00	_____
____ Soft Cup Nursing Bra (34B-42DD)	34.00	_____
____ Seamless Underwire Nursing Bra (Custom Sizes Available)	40.00	_____
____ Disposable Bra Pads (30 ct)	6.00	_____
____ Disposable Bra Pads (60 ct)	10.00	_____
____ Gel Pads (4 ct)	10.50	_____
____ Reusable Pads	6.00	_____

### Miscellaneous

____ Nursing Stool	25.00	_____
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