



# Healthy Woman

News from the Office of Women's Health

Winter 2010

ILLINOIS DEPARTMENT OF PUBLIC HEALTH • PAT QUINN, GOVERNOR • DAMON T. ARNOLD, M.D., M.P.H., DIRECTOR

## TICKET FOR THE CURE GRANTS AWARDED

More than \$1.25 million in Ticket for the Cure community grants have been awarded to 47 local health departments and community-based organizations to build capacity, provide breast cancer education and outreach and/or to offer supportive services for those who have breast cancer and their families.

Capacity building grants will assist grassroots organizations with the development of programs and services or offer funding to more established groups in the preliminary stages of new and innovative ideas. Community Education and Outreach grants will allow groups to conduct educational workshops focusing on breast cancer or peer outreach programs to inform people about the risks of breast cancer, treatment options, and/or follow-up services. Supportive Services grants include, but are not limited to, assistance with prosthetics, transportation, housing (mortgage or rent, utilities, etc.) or childcare.

Launched in January 2006, Ticket for the Cure is the nation's first lottery ticket dedicated to helping fund breast cancer early detection, education, research, and patient services throughout the state.

This year's grantees include:

- Alton Memorial Hospital, Alton, \$30,000, Education and Outreach
- Asian Human Services Family Health Center, Chicago, \$15,000, Education and Outreach
- Big Girl Faith Foundation, Chicago, \$35,000, Supportive Services
- Bond County Health Department, Greenville, \$17,000, Education and Outreach
- Bureau County Health Department, Princeton, \$30,000, Education and Outreach
- Cass County Health Department, Virginia, \$18,000, Capacity Building
- East Side Health District, East St. Louis, \$35,000, Education and Outreach

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## OWH TO OFFER BODYWORKS AT BOYS AND GIRLS CLUB

The Illinois Department of Public Health, Office of Women's Health, recently received a \$2,000 federal grant to offer BodyWorks, a program that teaches better eating habits and ways to maintain a healthy weight.

The 10-week program will be offered to parents and caregivers at the Boys and Girls Club of Central Illinois in Springfield. OWH staff will provide a public health educator to serve as the facilitator for the sessions. The Boys and Girls Club will assist with the facility logistics, recruitment and retention of program participants as well as lend overall support to OWH staff. The sessions will run March through May 2010.

BodyWorks is a program designed to help parents and caregivers of adolescents improve family eating and activity habits. Available in English and Spanish, the program focuses on parents as role models and provides them with hands-on tools to make small, specific behavior changes to prevent obesity and help maintain a healthy weight.

The BodyWorks program uses a train-the-trainer model to distribute the toolkit through community-based organizations, state health agencies, non-profit organizations, health clinics, hospitals and health care systems. The program includes one six-hour training module for trainers and 10 90-minute weekly sessions for parents and caregivers.

The Office on Women's Health, U.S. Department of Health and Human Services, developed BodyWorks following two years of formative research.



## THYROID CANCER: AN OVERVIEW

Located in the neck just beneath the voice box (larynx), the thyroid is a gland which mainly contains two types of cells that make hormones. Follicular cells make thyroid hormone, which regulates body temperature, heart rate and energy levels. C cells make calcitonin hormone, which helps control calcium levels in the blood.

A healthy thyroid is a little larger than a quarter and usually cannot be felt through the skin. Growths on the thyroid are often called nodules. Most thyroid nodules are benign (non-cancerous) but one in 20 are malignant (cancerous), which means they can spread into nearby tissues and other parts of the body. Benign thyroid nodules and thyroid cancers can occur in people of all ages.

Different cancers develop from each kind of cell. The differences are important because they affect how serious the cancer is and what type of treatment is needed.

There are several types of thyroid cancer:

- ***Papillary thyroid cancer:*** In the United States, this type makes up about 80 percent of all thyroid cancers. It begins in follicular cells and grows slowly. If diagnosed early, most people with papillary thyroid cancer can be cured.
- ***Follicular thyroid cancer:*** This type makes up about 15 percent of all thyroid cancers. It begins in follicular cells and grows slowly. If diagnosed early, most people

with follicular thyroid cancer can be treated successfully.

- ***Medullary thyroid cancer:*** This type makes up about 3 percent of all thyroid cancers. It begins in the C cells of the thyroid. Cancer that starts in the C cells can make abnormally high levels of calcitonin. Medullary thyroid cancer (MTC) tends to grow slowly. It can be easier to control if it's found and treated before it spreads to other parts of the body.
- ***Anaplastic thyroid cancer:*** This type makes up about 2 percent of all thyroid cancers. It begins in the follicular cells of the thyroid. The cancer cells tend to grow and spread very quickly. Anaplastic thyroid cancer is very hard to control.

In the United States in 2009, there were an estimated 37,200 new cases of thyroid cancer and more than 1,600 deaths from the disease.

### RISK FACTORS

The exact cause of thyroid cancer is unknown. Thyroid cancer occurs more often in women than men, and affects Hispanics and Asian Island Pacific Islanders more often than whites or blacks.

A diet lacking iodine is common in follicular thyroid cancers. Iodine is added to table salt and other foods in the United States. In combination with a diet low in iodine, exposure to radiation increases the chances of developing papillary thyroid cancer.

People who were exposed to high doses of radiation during

the 1920s and 1950s as treatment for childhood illnesses, may be at an increased risk of thyroid cancer. Radioactive fallout (survivors of the Chernobyl accident in 1986, and living near nuclear weapons production plants) is another possible cause of thyroid cancer.

Other risk factors include:

- Being between 25 and 65 years old.
- Having a history of goiter (enlarged thyroid).
- Having a family history of thyroid disease or thyroid cancer.
- Having certain genetic conditions such as familial medullary thyroid cancer (FMTC), multiple endocrine neoplasia type 2A syndrome, and multiple endocrine neoplasia type 2B syndrome.

### SIGNS AND SYMPTOMS

Thyroid cancer may not cause early symptoms. Symptoms may occur as the tumor gets bigger. A doctor should be consulted if any of the following problems occur:

- pain in the neck or throat
- breathing problems
- hoarseness or trouble swallowing
- lump in the front of the neck below the voice box
- swollen lymph nodes, especially in the neck

Thyroid cancer can be found early and treated successfully. Detecting a lump and making an appointment with a doctor as soon as possible assures the best way to find the cancer early.

### DIAGNOSIS

Diagnosis of thyroid cancer typically involves a number of procedures and tests including the following:

- **Physical Exam** – a thorough physical exam should be conducted, including palpation of the thyroid to feel for enlargement and lumps, as well as the gland's size and firmness. The doctor also should look for any enlarged lymph nodes in the neck.
- **Biopsy** – doctors often biopsy suspicious thyroid nodules to evaluate for potential cancer. Typically thyroid nodules are biopsied using a needle, in a procedure known as "fine needle aspiration biopsy." Some patients have a biopsy, where the nodule, or the thyroid gland itself, is removed surgically.
- **Imaging Tests** – a variety of imaging scans are used to evaluate thyroid nodules for possible thyroid cancer, including a nuclear scan, CT or "cat" scan, magnetic resonance imaging (MRI) or ultrasound.
- **Blood Tests** – blood tests cannot diagnose thyroid cancer itself, or detect a cancerous thyroid nodule. Thyroid stimulating hormone (TSH) blood tests, however, may be used to evaluate the thyroid's activity and test for hypothyroidism or hyperthyroidism.

### TREATMENT AND FOLLOW-UP

Thyroid cancer is initially treated with thyroid surgery. Many patients also receive further treatment with

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iodine-131, which is used to kill the cancerous cells in the thyroid. Patients treated for thyroid cancer require lifelong thyroid hormone replacement.

Regular checkups are necessary after treatment for thyroid cancer. Even when there are no longer any signs of cancer, the disease sometimes returns because cancer cells remained somewhere in the body after treatment. If thyroid cancer returns, it is most commonly found in the neck, lungs, or bones.

Also, checkups help detect health problems that can result from cancer treatment. People treated with radioactive iodine therapy or external radiation therapy have an increased chance of developing other cancers later on.

The five-year survival rate for thyroid cancer is nearly 97 percent. The chances of recovery and treatment options depend on several factors including the age of the patient, the type of thyroid cancer, the stage of the cancer, the patient's general health and whether the cancer has just been diagnosed or has recurred.

### PREVENTION

There is no definite way to prevent thyroid cancer because most people with thyroid cancer have no association with the possible risk factors. Genetic testing of familial MTC can be used in families with a history. Families can be screened for the disease and removal of the thyroid can help prevent the development of MTC.

Eating a healthy diet high in fruits and vegetables and low in animal fat, and maintaining a healthy weight can help to prevent many cancers.

### SOURCES

Illinois Department of Public Health  
800-782-7860  
[www.idph.state.il.us](http://www.idph.state.il.us)

American Cancer Society  
800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

U.S. National Institutes of Health,  
National Cancer Institute  
800-4-CANCER  
[www.cancer.gov](http://www.cancer.gov)

## Women's Health-Line

### 888-522-1282

If you have health-related questions or concerns, the health-line staff will help you find the answers. You may call the toll-free number weekdays from 8 a.m. to 5 p.m. After hours, calls are recorded on voice mail and responded to during the next workday. Always completely confidential and free of charge, the Women's Health-Line is one resource for all women in Illinois. The Women's Health-Line can help you find:

- the answer to a question about a women's health issue
- the nearest clinic offering mammography through the Illinois Breast and Cervical Cancer Program
- information about sexually transmitted diseases in women
- where to take your adolescent child for therapy for an eating disorder
- a supply of brochures or fact sheets about healthy lifestyles



## ILLINOIS FLU HOTLINE 866-848-2094

For questions about the H1N1 flu, call the Illinois Flu Hotline at 866-848-2094. The Illinois Department of Public Health is partnering with the Illinois Poison Center to staff the hotline with health care professionals who can answer medical questions about H1N1 influenza. Translators are available. Additional H1N1 influenza information also can be found at [www.ready.illinois.gov](http://www.ready.illinois.gov) and [www.flu.gov](http://www.flu.gov).

## NO SUCH THING AS A SAFE TAN

In a quest to look golden year round, millions of teenagers and young women are endangering their lives by visiting tanning salons. Besides the glow, they also are getting a significantly increased risk of melanoma, the deadliest form of skin cancer.

In July 2009, the International Agency for Research on Cancer (IARC, a branch of the World Health Organization) released a report that placed tanning beds in its highest cancer risk category, “carcinogenic to humans.” The agency, which is part of the World Health Organization (WHO), previously classified tanning beds as “probably carcinogenic.” The change comes after an analysis of more than 20 epidemiological studies indicating that people who begin using tanning devices before age 35 are 75 percent more likely to develop melanoma, the most serious type of skin cancer.

Women who visited a tanning parlor at least once a month were 55 percent more likely to later develop melanoma than women who did not artificially suntan. Young women who used sun lamps for tanning while in their 20s had the largest increase in subsequent cancer risk – about 150 percent higher than similar women who did not use tanning beds.

The IARC’s findings also reinforce previous research showing that tanning bed use increases the risk for squamous cell carcinoma, the second most common skin cancer.

The studies found that ultraviolet A (UVA), ultraviolet B (UVB) and ultraviolet C (UVC) radiation all cause cancer in animal models. This is significant because the indoor tanning industry has often claimed that tanning beds are safe because the bulbs have more UVA radiation than UVB. This report puts to rest the argument that tanning with UVA light is safe.

Given the risks, the scientists concluded: "Young adults should be discouraged from using indoor tanning equipment and restricted access to sun beds by minors should be strongly considered."

Every year, nearly 2.3 million American teenagers visit tanning salons. As the number of people who visit tanning salons rise, so does the number of new cases of melanoma. About 62,000 new cases of melanoma were diagnosed in the United States and about 8,000 people died of the disease in 2008, according to the American Cancer Society.

A separate study reported last July by researchers from the National Institutes of Health found that melanoma rates among young women in the United States almost tripled between 1973 and 2004.

Beginning in the early 1990s, a particularly dramatic increase was seen in thicker and more lethal melanoma lesions, leading the researchers to conclude that tanning has probably played a significant role in this increase.

Early this year, researchers from the Northern California Cancer Center reported that melanoma cases doubled in the United States between the mid-1990s and 2004. The researchers concluded that the increase could not be explained by better screening and earlier detection of the cancer.

The Indoor Tanning Association (ITA) insists that no proof connects artificial UV light to melanoma—the second most common cancer for women in their 20s and the third most common cancer for women in their 30s—and that rates of skin cancer today are probably based on having been sunburned 20 to 40 years ago.

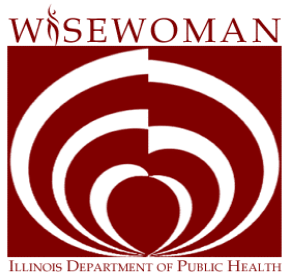
But decades of research have shown that exposure to UV light can lead to melanoma, especially if you’re exposed to it in your teens and/or 20s. And according to dermatologists, it’s not bad habits from the past driving today’s high melanoma rates—it’s the increase in indoor tanning. Dermatologists also have noted seeing more melanoma cases on body parts that normally get no exposure to the sun but are exposed during a sunlamp session.

The indoor tanning industry goes so far as to tout the “benefits” of indoor tanning, including protection from sunburn and the production of vitamin D.

The ITA claims that getting darker via indoor tanning will help safeguard your skin from further harm once you’re exposed to the sun. Many people go to a tanning salon prior to vacation to get a “base tan” to protect them from sunburn. In reality, according to WHO, a tan acquired using a tanning bed offers only limited protection against sunburn from solar UV. It has been estimated that a tanning bed tan offers the same protective effect as using a sunscreen with a sun protection factor (SPF) of only two to three.

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## WISEWOMAN PROGRAM BENEFITTING ILLINOIS WOMEN



Following five years of U.S. Centers for Disease Control and Prevention (CDC) and departmental research, the Illinois WISEWOMAN Program (IWP) now provides direct service to Illinois women in 13 counties through seven lead agencies. As the sister program to the Illinois Breast and Cervical Cancer Program (IBCCP), the Illinois WISEWOMAN Program (IWP) reaches out to underinsured and uninsured women age 40 to 64 who live at or below 250 percent of the federal poverty level. Many of the program's target women have never known their own blood pressure or cholesterol levels because, without insurance, they do not get to doctors and learn this life saving information. IWP and IBCCP women have now found medical homes for breast, cervical cancer and cardiovascular disease (CVD) screenings and diagnostics.

Through the assistance of WISEWOMAN nurse case managers and medical providers, these women can now become aware of their vital cardiovascular screening values: blood pressure, glucose, and cholesterol. Anthropometric measurements of height, weight, and Body Mass Index (BMI) are taken. Armed with new and valuable information and screening numbers, WISEWOMAN nurses and medical providers counsel participants and provide risk reduction counseling to empower and motivate these women to change their lifestyle. In face to face consultation, IWP nurses or medical providers interpret the lab results and make appropriate recommendations in accordance with the national clinical care guidelines (JNC 7) to the participant. Further follow-up can be provided with a diagnostic visit if necessary and follow-up phone calls.

Participation in Illinois' unique Lifestyle Intervention Sessions (LSI) is highly encouraged with everyone. Here, women learn how to eat healthy, cook healthy, increase their physical activity, and improve not only their own health, but the health of their families. These fun-filled health and behavior modification sessions last 90 minutes and are offered once per week, for four consecutive weeks. IWP trained professionals provide facilitation in English and Spanish. Plans are underway to explore offering a Polish program in the Chicago area.

Since July 1, 2008, Illinois has screened 1,769 women through this vital program. Of these women, 197 women have been referred to the Illinois Tobacco Quitline to help them stop smoking, and 344 women have participated in the Lifestyle Intervention Level 3 sessions. These women have successfully altered their lifestyle behaviors and gained the social support necessary to sustain their new behavior goals. The skills acquired from their participation in Illinois WISEWOMAN have helped them make healthier choices at their local food pantries and at fast food vendors. Some participants may lack adequate education and/or possess personal barriers to cooking healthy and healthy lifestyle habits.

A recent client from DuPage County Health Department commented that her IWP nurse case manager and the IWP had saved her life. She was able to receive the CVD medical screening and diagnostic doctor visit that was necessary to stop her glucose and cholesterol values from reaching unhealthy levels. In Fulton County, two women expressed their appreciation to the IWP nurse and facilitator and have formed a weekly coffee group to continue their social support. At Mercy Hospital in Chicago, a client was sent directly to their Emergency Department subsequent to taking her blood pressure measurements, as alert values were detected.

The Illinois WISEWOMAN program covers 13 counties with lead agencies being the local health departments in Champaign, Fulton, Stephenson, DuPage, St. Clair, and Madison counties, and Mercy Hospital and Medical Center in Chicago. From these diversified locations, the lead agencies branch out to other target areas and participate in health fairs and community events to reach these underserved women who are hopefully persuaded, with some nominal incentives, to take advantage of these CVD screenings. Women who have been touched through both IBCCP and IWP are grateful for this health care and many return for follow-up year after year.

With heart failure the number one cause of death in every state and 90 percent of every U.S. resident having at least one risk factor for heart disease, the prevention of cardiovascular disease is at the forefront of the national health care reform. The Illinois WISEWOMAN Program is ready to accept the challenge to make healthy living the primary goal for all Illinois women.

## WOMEN'S HEALTH CONFERENCE A SUCCESS

On Oct. 28 and 29, 2009, more than 300 women's health advocates gathered at the Oak Brook Hills Marriott Resort for the 11th annual Women's Health Conference. The two-day conference, sponsored by the Illinois Department of Public Health, included sessions on a variety of topics, including cardiovascular disease, autoimmune diseases, breast cancer, nutrition, sexually transmitted infections and women's sexuality.

Featured speakers included Assistant U.S. Surgeon General James Galloway, M.D., FACP, FACC, FAHA, who provided an overview of the issues of disparities in cardiovascular disease within the United States, and Pamela Smith, RD, who spoke about energy and overall wellness.

Barb Bancroft, R.N., M.S.N., N.P., Chicago, informed and entertained the crowd again this year with a humorous talk about heart disease in women. Pam Peeke, M.D. M.P.H., FACP, author and chief medical correspondent for Discovery Health TV, talked about achieving a balance between never ending work and the need to take care of yourself.

The Emmy-nominated film, "In the Family," was shown, followed by a panel discussion. Armed with a positive genetic test result that leaves her essentially "a ticking timebomb," filmmaker Joanna Rudnick learns that she faces an impossible decision: remove her breasts and ovaries or risk incredible odds of developing cancer. Turning the camera on herself, Rudnick bares her conflicting emotions about preventive surgery and the potential consequences. Turning the camera on her new relationship, she and her partner capture a young couple falling in love in the shadow of the mutation. Turning the camera on the company that owns the patents to the breast cancer susceptibility genes, she questions its control over access to the test. Along the way, she looks to other women and families dealing with the same unbelievable information.

Attendees also got a chance to exercise their bodies as well as their minds at this year's conference with sessions on Zumba and yoga.

Be sure to check the Office of Women's Health Web site ([www.idph.state.il.us/about/womenshealth/owh.htm](http://www.idph.state.il.us/about/womenshealth/owh.htm)) this spring for the date and location of this year's conference.

## SPEAKERS



From left to right:

Assistant U.S. Surgeon General James Galloway, M.D., FACP, FACC, FAHA; Pamela Smith, RD; Pam Peeke, M.D. M.P.H., FACP; and Barb Bancroft, R.N., M.S.N., N.P.

## CHURCHES TO HELP MEMBERS CARE FOR BODY AND SOUL

The Illinois Department of Public Health has awarded \$33,000 to 11 churches in order to help their congregations make healthier food choices.

The Department's Office of Women's Health, Center for Minority Health Services, and Office of Health Promotion's Cardiovascular Health and Comprehensive Cancer programs, have partnered with the National Cancer Institute and the American Cancer Society to help churches implement Body & Soul, a health program developed for African-American churches. Each church will receive \$3,000 to implement the program.

The program encourages church members to eat a healthy diet rich in fruits and vegetables every day for better health. Churches that embrace Body & Soul help their members take care of their bodies as well as their spirits. The church is one of the most powerful elements in the African-American culture, and clergy leaders are key influencers to their congregations. Body & Soul churches embrace and celebrate good health through healthy eating. Participating congregations will learn how health and spirituality are connected; feel empowered to take charge of their health; eat more fruits and vegetables every day; live healthier in other ways, such as eating less fat and getting more physical activity; and gain access to vital health information at the church.

Participating churches include:

- Greater Shiloh Baptist Church, Danville
- House of Faith, Decatur
- Main Street Church of the Living God, Decatur
- Spirit of Faith Ministries, Jacksonville
- New Life in Christ Interdenominational Church, Lebanon
- St. Paul Baptist Church, Peoria
- Ward Chapel AME, Peoria
- Fresh Vision, Springfield
- New Hope Baptist Church, Springfield
- New Mission Church of God, Springfield
- Union Baptist Church, Springfield

### *Tanning beds, continued from Page 4*

A "20/20" investigation found that salon employees, especially young employees, often give out false information to customers, including telling them that tanning beds are healthy because the light is a source of vitamin D. According to WHO, while tanning bed use may increase vitamin D synthesis, it's not a healthy alternative to incidental sun exposure combined with normal dietary intake of vitamin D.

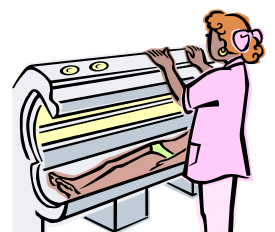
So what's the alternative? Sun tanning sprays and creams or airbrush tans are safe options. Better yet, just be happy with your natural color!

#### SOURCES:

American Cancer Society  
800-ACS-2345  
[www.cancer.org](http://www.cancer.org)

U.S. National Institutes of Health,  
National Cancer Institute  
800-4-CANCER  
[www.cancer.gov](http://www.cancer.gov)

World Health Organization  
<http://www.who.int/en/>



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Ticket for the Cure grantees, continued from Page 1

- Edward Foundation, Naperville, \$20,000, Education and Outreach
- Egyptian Health Department, Eldorado, \$58,000, Supportive Services
- Fayette County Health Department, Vandalia, \$20,000, Education and Outreach
- Greater Elgin Family Care Center, Elgin, \$28,000, Education and Outreach
- Hancock County Health Department, Carthage, \$18,000, Education and Outreach
- Hanul Family Alliance – Korean American Senior Center, Chicago, \$30,000, Education and Outreach
- Heartwood Foundation, Chicago, \$35,000, Supportive Services
- Howard Brown Health Center, Chicago, \$20,000, Education and Outreach
- Illini Community Health Care Foundation, Pittsfield, \$28,000, Education and Outreach
- Illinois Migrant Council, Chicago, \$25,000, Education and Outreach
- The Jennifer S. Fallick Cancer Support Center, Homewood, \$35,000, Education and Outreach
- Korean American Community Services, \$25,000, Education and Outreach
- Lewis University, Romeoville, \$20,000, Education and Outreach
- Little Company of Mary Hospital, Evergreen Park, \$45,000, Supportive Services
- Livingston County Health Department, Pontiac, \$25,000, Education and Outreach
- McDonough County Health Department, Macomb, \$15,000, Education and Outreach
- McLean County Health Department, Bloomington, \$25,000, Education and Outreach
- Menard County Health Department, Petersburg, \$10,000, Education and Outreach
- Mercer County Health Department, Aledo, \$18,000, Education and Outreach
- Mercy Hospital and Medical Center, Chicago, \$50,000, Supportive Services
- Michael Reese Foundation, applying for the Women’s Health Center at Metro South Medical Center, Blue Island, \$24,000, Education and Outreach
- Ogle County Health Department, Oregon, \$14,000, Education and Outreach
- PrimeCare Community Health Inc., Chicago, \$30,000, Education and Outreach
- Rehabilitation Institute of Chicago, Women With Disabilities, Chicago, \$20,000, Education and Outreach
- Richland Memorial Hospital Inc., Olney, \$25,000, Education and Outreach
- Riverside Medical Center, Kankakee, \$30,000, Education and Outreach
- Sarah Bush Lincoln Health Center, Mattoon, \$25,000, Education and Outreach
- South Side Help Center, Chicago, \$20,000, Education and Outreach
- St. Clair County Health Department, Belleville, \$25,000, Education and Outreach
- St. James Hospital, Chicago Heights, \$25,000, Education and Outreach
- Stephenson County Health Department, \$25,000, Education and Outreach
- Swedish Covenant Hospital, Chicago, \$30,000, Education and Outreach
- Tazewell County Health Department, Tremont, \$29,000, Education and Outreach
- United Neighborhood Organization, Chicago, \$20,000, Education and Outreach
- Vietnamese Association of Illinois, Chicago, \$20,000, Education and Outreach
- Wabash County Health Department, Mount Carmel, \$50,000, Support Services
- Warren County Health Department, Monmouth, \$20,000, Education and Outreach
- Wayne County Health Department, Fairfield, \$20,000, Education and Outreach
- White Crane Wellness Center, Chicago, \$32,000, Education and Outreach
- Whiteside County Health Department, Rock Falls, \$16,000, Education and Outreach





(From left to right) Helen Brinson, Dawn Danz, Shirley Riley, Linda Welker, Linda Russell and Colleen Conrad celebrate their completion of level three of the Illinois WISEWOMAN program's lifestyle intervention at the Fulton County Health Department.

## EVENTS CALENDAR:

**February** – American Heart Month

**February 5** – Wear Red Day

**March 10** – Women and Girls HIV/AIDS Awareness Day

**May** – National Osteoporosis Prevention and Awareness Month

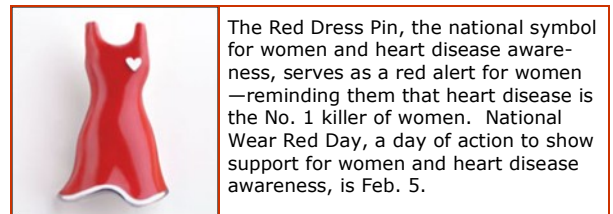
**May 9-15** — National Women's Health Week



Members of the Polish American Association recently participated in an Understanding Menopause presentation offered by the Coalition of Limited English Speaking Elderly.



Members of the Office of Women's Health and their families and friends participated in the American Cancer Society's Make Strides Against Breast Cancer Walk held Oct. 18, 2009, at White Oaks Mall in Springfield. The Pink Ladies rode to the event in a 1966 M35 A2 Army truck owned by the Montgomery County Health Department's Illinois Breast and Cervical Cancer Program and driven by their administrator, Hugh Satterlee. The Springfield event raised \$60,000 toward the fight against breast cancer. Nearly 1,600 walkers participated in the 5K walk and 100 survivors were honored.



Healthy Woman newsletter is published semiannually by the Illinois Department of Public Health. Story ideas, suggestions and comments are welcome and should be forwarded to Tammy Leonard, Illinois Department of Public Health, Office of Women's Health, 535 W. Jefferson St., First Floor, Springfield, IL, 62761; or call 217-524-6088.

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