



Healthy Woman

News from the Office of Women's Health

Spring 2011

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

WOMEN'S HEALTH MINI-GRANTS ANNOUNCED

The Illinois Department of Public Health, Office of Women's Health, has awarded nearly \$500,000 in grants for women and girls' health programs that focus on cardiovascular disease, diabetes, obesity, healthy body image, and other conditions facing women and girls.

The six-month Women's Health Initiative Mini-Grants, funded through state general revenue funds, will provide money for four model education programs (Life Smart for Women, Heart Smart for Teens, Women Out Walking and Health Awareness), and two pilot projects (Health Body Image and Childhood Obesity).

Life Smart for Women educates women on a variety of topics including cardiovascular health, nutrition, physical activity, stress management, substance use, violence, sexuality, aging, and consumer health. **Heart Smart for Teens** educates adolescent girls about risk factors for cardiovascular disease and teaches them the importance of a healthy diet and physical activity. **Women Out Walking** is a 12-week walking challenge for women in which participants use a step counter to track their daily steps. **Health Awareness** mini-grants support the planning and implementation of statewide seminars addressing women's health issues.

The two pilot projects focus on educating young girls. The **Childhood Obesity Pilot Project** addresses the public health problem of overweight and obesity in young girls and covers topics such as nutrition, physical activity, behavior change modification and health education. The curriculum for **Healthy Body Image Pilot Project: Teaching Kids to Eat and Love Their Bodies Too!** helps educators empower students to form a foundation for acceptance of their bodies, based on recognition of what they can and cannot control with regard to body size and shape. If successful, the two pilot projects could become model programs.

Below is a list of the grant recipients:

- Advocate Good Samaritan Health and Wellness, Life Smart for Women, \$13,000
- Advocate Good Samaritan Health and Wellness, Childhood Obesity Pilot Project, \$5,000
- Bond County Health Department, Childhood Obesity Pilot Project, \$3,000
- Boone County Health Department, Women Out Walking, \$3,000
- Boone County Health Department, Healthy Body Image, \$4,000
- Bureau County Health Department, Childhood Obesity Pilot Project, \$4,000
- Bureau County Health Department, Health Awareness Event, \$3,500
- Calhoun County Health Department, Heart Smart for Teens, \$8,000
- CGH Health Foundation, Women Out Walking, \$4,000
- Champaign-Urbana Public Health District, Childhood Obesity Pilot Project, \$4,000
- Champaign-Urbana Public Health District, Health Awareness Event, \$3,000
- Chinese American Service League, Life Smart for Women, \$5,000
- CJE Senior Life, Health Awareness Event, \$4,000
- Clay County Health Department, Women Out Walking, \$3,500
- Cumberland County Health Department, Women Out Walking, \$4,000
- DuPage County Health Department, Life Smart for Women, \$8,500
- East Side Health District, Heart Smart for Teens, \$13,500
- East Side Health District, Healthy Body Image, \$5,000
- Family Matters Inc., Heart Smart for Teens, \$2,000
- Fayette County Health Department, Women Out Walking, \$3,700
- Ford-Iroquois Bi-County Health Department, Life Smart for Women, \$10,000

(continued on Page 6)

SLEEP DISORDERS: AN OVERVIEW

Sleep is important for good health. Studies show that not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of high blood pressure, heart disease, and other medical conditions. In addition, during sleep, your body produces valuable hormones. These hormones help children grow and help adults and children build muscle mass, fight infections, and repair cells. Hormones released during sleep also affect how the body uses energy. Studies find that the less people sleep, the

more likely they are to be overweight or obese, develop diabetes, and prefer eating foods high in calories and carbohydrates.

Sleep has distinctive stages that cycle throughout the night. Your brain stays active throughout sleep, but different things happen during each stage. For example, certain stages are needed to help you feel rested and energetic the next day, and other stages help you learn and make memories.

The amount of sleep someone needs varies from person to person, and changes throughout the lifecycle. Most adults, including older adults, need seven to eight hours of sleep each night.

INSOMNIA

Insomnia is a common condition in which you have trouble falling or staying asleep. This condition can range from mild to severe, depending on how often it occurs and for how long. It can be chronic (ongoing) or acute (short-term). Chronic insomnia

means having symptoms at least three nights a week for more than a month. Acute insomnia lasts for less time.

There are two types of insomnia:

- **Primary insomnia** is its own disorder. It may be lifelong or triggered by travel, shift work, stressful life events, or other factors that disrupt your sleep routine. Primary insomnia may end once the issue is resolved, or it can last for years. Some people tend to be prone to primary insomnia.
- **Secondary insomnia** has an underlying cause such as other sleep disorders, side effects of medications, substance abuse, depression or other previously undetected illness. It is the most common type of insomnia.

OTHER SLEEP DISORDERS

The following is a description of some of the major sleep disorders:

Narcolepsy – Excessive daytime sleepiness (including episodes of irresistible sleepiness) combined with sudden muscle weakness are the hallmark signs of narcolepsy. The sudden muscle weakness seen in narcolepsy may be elicited by strong emotion or surprise. Episodes of narcolepsy have been described as “sleep attacks” and may occur in unusual circumstances, such as walking and other forms of physical activity.

Restless Leg Syndrome (RLS) – This disorder is characterized by an unpleasant “creeping” sensation, often

It seems that everyone is tired these days. As a new mom, I can relate.

A large part of the problem is due to our “to do” lists or the stresses of everyday life. It seems we lack the time to get the sleep we need. Modern technology has added to the problem – we’re checking e-mails and text messages late into the night, or watching all those television shows on the DVR.

For others, sleep deprivation is the result of a sleep disorder such as sleep apnea or restless leg syndrome. Because many people are unaware they have a sleep disorder, it is important to talk to your doctor about any sleep issues you may be having.

Whether it is a crying baby, worrying or a sleep disorder that keeps you up, sleep deprivation is a serious medical issue. Studies have consistently shown that sleep plays a vital role in promoting physical health and emotional well-being. After a good night’s sleep, you feel better, your thoughts are clearer, and you are less emotional.

In contrast, lack of sleep negatively impacts your judgment, mood, and ability to learn and retain information. Over time, chronic sleep deprivation may lead to serious medical conditions including obesity, diabetes, heart disease, and even premature death.

It’s time we all make sleep a priority. Now if someone would just tell that to my daughter!

Sweet dreams,



Shannon R. Lightner, Deputy Director

feeling like it is originating in the lower legs, but often associated with aches and pains throughout the legs. This often causes difficulty initiating sleep and is relieved by movement of the leg, such as walking or kicking.

Sleep apnea – Snoring may be more than just an annoying habit – it may be a sign of sleep apnea. Persons with sleep apnea characteristically make periodic gasping or “snorting” noises, during which their sleep is momentarily interrupted. Those with sleep apnea also may experience excessive daytime sleepiness, as their sleep is commonly interrupted and may not feel restorative. Interruption of regular breathing or obstruction of the airway of the individual during sleep can pose serious complications for the health of the individual so symptoms of sleep apnea should be taken seriously.

SLEEP AND CHRONIC DISEASE

Insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including diabetes, cardiovascular disease, obesity and depression.

Diabetes – Research has found that insufficient sleep is linked to an increased risk for the development of Type 2 diabetes. Specifically, sleep duration and quality have emerged as predictors of levels of *Hemoglobin A1c*, an important marker of blood sugar control in persons with Type 2 diabetes.

Cardiovascular Disease – Persons with sleep apnea have been found to be at an increased risk for a number of cardiovascular diseases. Hypertension, stroke, coronary heart disease and irregular heartbeats have been found to be more common among those with disordered sleep. Likewise, sleep apnea and hardening of the arteries appear to share some common physiological characteristics, further suggesting that sleep apnea may be an important predictor of cardiovascular disease.

Obesity – Laboratory research has found that short sleep duration results in metabolic changes that may be linked to obesity. Studies have revealed an association between short sleep duration and excess body weight.

Depression – The relationship between sleep and depression is complex. While sleep disturbance has long been held to be an important symptom of depression, recent research has indicated that depressive symptoms may decrease once sleep apnea has been effectively treated and sufficient sleep restored. The interrelatedness of sleep and depression suggests it is important that the sleep sufficiency of persons with depression be assessed and that symptoms of depression be monitored among persons with a sleep disorder.

SIGNS AND SYMPTOMS

Insomnia can cause excessive daytime sleepiness and a lack of energy. It also can make you feel anxious, depressed or irritable. You may have trouble focusing on tasks, paying attention, learning and remembering. Insomnia also can cause other serious problems. For example, you may feel drowsy while driving, which could lead to an accident.

If you are spending enough time in bed and still wake up tired or feel very sleepy during the day, you may be one of the estimated 40 million Americans with a sleep disorder. Although sleep disorders can significantly affect your health, safety and well-being, they can be treated. Talk to your doctor if you have any signs of a sleep disorder.

WOMEN AND INSOMNIA

Women are more likely to have insomnia than men. One reason is that hormonal changes during the menstrual cycle and menopause can affect sleep. During perimenopause, women may have trouble falling asleep and staying asleep. Hot flashes and night sweats often disturb sleep.

During pregnancy, hormonal, physical and emotional changes can disturb sleep. Pregnant women, especially in the third trimester, may wake up frequently due to discomfort, leg cramps, or needing to use the bathroom.

Some medical conditions that can cause secondary insomnia also are more common in women than men. These include depression, anxiety, fibromyalgia, and some sleep disorders, such as restless leg syndrome.

DIAGNOSIS

Talk to your doctor if you are having problems falling or staying asleep, especially if lack of sleep is affecting your daily activities. Keep a sleep diary for two weeks before you see your doctor. Note the time of day you fall asleep and wake up, changes in your daily sleep routine, your bedtime routine, and how you feel during the day.

Your doctor may do a physical exam and take medical and sleep histories. He or she also may want to talk to your bed partner about how much and how well you are sleeping. In some cases, you may be referred to a specialist or a sleep center for special tests.

TREATMENT

If insomnia is caused by short-term change in the sleep/wake schedule, as with jet lag, your sleep schedule may return to normal on its own. Making lifestyle changes to help you sleep better also can help. If your insomnia makes it hard for you to function during the day, talk to your doctor.

Treatment for chronic insomnia begins by finding and treating any medical or mental health problems and stopping or reducing behaviors that may lead to insomnia or make it worse, like drinking moderate to large amounts of alcohol at night. Other treatments are behavioral therapy (CBT) and medication.

Cognitive behavioral therapy –

Research shows that CBT is an effective and lasting treatment of insomnia. CBT helps you change your thoughts and actions that get in the way of sleep. This type of therapy also is used to treat conditions such as depression, anxiety and eating disorders.

CBT consists of one or more approaches. These are:

- Cognitive control and psychotherapy – Controlling or stopping negative thoughts and worries that keep you awake
- Sleep hygiene – Taking steps to make quality sleep more likely (*see How to Sleep Better box*)

(continued on Page 7)

A GOOD MOVE FOR WOMEN'S HEALTH CONFERENCE

The 12th annual Women's Health Conference was held in Springfield in December. The two-day conference, usually held in the Chicago area, was attended by more than 300 women's health advocates, many of whom appreciated the more central location.

The conference, sponsored by the Illinois Department of Public Health, Office of Women's Health, included sessions on a variety of topics, including bone health, cardiovascular disease; obesity; diabetes; HIV/AIDS and sexually transmitted infections; the effects of smoking; mental health; cancers of the head and neck; gynecological cancers; female sexual dysfunction; and trauma and women.

The highlight of the conference was a humorous talk by syndicated advice columnist Amy Dickinson who pens "Ask Amy." Dickinson entertained and inspired the crowd while sharing how she has dealt with her own life's difficulties. Those difficulties and how she overcame them are chronicled in her New York Times bestselling memoir, "The Mighty Queens of Freeville: A Mother, A Daughter and the People Who Raised Them."

Dickinson's column appears in more than 200 newspapers, including the *Los Angeles Times*, the *Chicago Tribune*, *Newsday* and the *Washington Post*. Dickinson is a regular panelist on the popular radio current events quiz show, "Wait, Wait, Don't Tell Me," heard on 400 National Public Radio (NPR) stations. Dickinson is also an occasional guest on such programs as "The Today Show," "The Rachel Ray Show," NPR's "Talk of the Nation" and CNN's "American Morning."

Another well-known speaker and best-selling author who spoke at the conference was Dr. Judith Wright. Dr. Wright, author of "The Soft Addiction Solution," and "*The One Decision*," has appeared on more than 450 radio stations and 70 television shows, including "20/20," "Oprah," "The Today Show" and "Good Morning America."

Featured speakers included Frances E. Ashe-Goines, R.N., B.S.N., M.P.H. acting director, Office on Women's Health, U.S. Department of Health and Human Services, Washington, D.C., who provided an overview of the current status of women's health, both in the nation and in Illinois. Ashe-Goines discussed the childhood obesity epidemic and encouraged attendees to learn more about the First Lady's Let's Move! campaign.

Participants also had the opportunity to learn more about health care reform during a panel presentation titled "How Change Will Affect All of Us." The panel explained how the Patient Protection and Affordable Care Act will impact the nation – including the insurance industry, health care providers and private citizens.

Again this year, attendees got a chance to exercise their bodies as well as their minds with an evening Zumba session and an early morning yoga session.

Planning for next year's conference is already underway. The conference will be held November 2 and 3 at the Hilton Springfield Hotel, 700 E. Adams St., Springfield (www.springfieldil.hilton.com). Room reservations are \$70, plus tax and are reserved under "Illinois women's conference." Check the Illinois Public Health Association's website (www.ipha.com) for updates.

(View conference related photos on pages 8 and 9)

Need a speaker to talk about women's health issues? The Office of Women's Health is creating a speakers' bureau. OWH staff may be available to speak at your organization or engagement at no charge to you, on a number of different women's health topics, including:

- ◆ Women and Heart Disease
- ◆ Osteoporosis
- ◆ Understanding Menopause
- ◆ Girls' Health
- ◆ Breast Cancer



To request a speaker, contact the Women's Health-Line at 888-522-1282.

PEARL OF WISDOM CAMPAIGN

The Pearl of Wisdom Campaign to Prevent Cervical Cancer is a united, global effort to raise awareness of the opportunities now available to prevent cervical cancer. In the United States, the campaign was launched in 2009 and is led by Tamika & Friends, a national nonprofit organization focused on cervical cancer awareness. Campaign partners include more than two dozen national women's health and advocacy organizations. The campaign also counts numerous businesses, local organizations and individuals among its supporters. All campaign partners and supporters promote the Pearl of Wisdom as the global symbol of cervical cancer prevention to increase public recognition of the campaign in the same way the pink ribbon serves the breast cancer campaign. In addition, all campaign partners and supporters distribute simple, consistent key messages about cervical cancer to ensure our collective voices effectively reach women.

The Pearl of Wisdom campaign was started by the European Cervical Cancer Association, which includes 100 organizations from across Europe including cancer charities, cancer treatment centers, medical associations, university teaching hospitals and health education organizations.

While January is designated as Cervical Cancer Awareness Month in Illinois, education and awareness efforts should continue year-round.

10 Facts Every Woman Should Know About Cervical Cancer Prevention

1. **Cervical cancer is preventable!** With vaccines, testing and treatment, cervical cancer can be prevented.
2. **Cervical cancer is caused by the human papillomavirus (HPV).** HPV is a common infection that you can get from intimate sexual contact. Most adults will have HPV at some point in their lives.
3. **Having HPV does not mean you will get cervical cancer.** Most HPV infections go away on their own, without symptoms or treatment. When HPV infections don't go away, they can cause cell changes that may lead to cervical cancer.
4. **Having HPV does not mean that you or your partner was unfaithful.** HPV can stay in your body for years, so there is no way to determine when – or from whom – you got it.
5. **The Pap test looks for abnormal cells that can develop into cervical cancer.** Women should get their first Pap test at age 21.
6. **The HPV test looks for the types of HPV that can cause abnormal cervical cells and cervical cancer.** Women who are 30 or older should get an HPV test along with their Pap test.
7. **Having HPV does not mean you have abnormal cervical cells or cervical cancer.** It just means that you have HPV and that your health care provider will want to monitor you more closely.
8. **The HPV vaccine protects against the two types of HPV that cause about 70 percent of cervical cancers.** The vaccines are recommended for girls 11 to 12 years old, and are approved for girls and young women as old as age 26.
9. **Even if you have had the HPV vaccine, you still need to be tested for cervical cancer.** The HPV vaccine does not protect against all types of HPV that cause cervical cancer. So Pap tests and HPV tests are still needed.
10. **Speak to your health care provider about how often you need to get tested and if the vaccine is right for you.**

Tips for Talking To Your Health Care Provider

Before your next gynecologic appointment, prepare yourself to talk with your health care provider about HPV and cervical cancer. Below are some questions you may want to ask your health care provider.

1. Am I at risk of having HPV or cervical cancer?
2. Am I a good candidate for the HPV vaccine?
3. Does the HPV vaccine cause any side effects?
4. If I've received the HPV vaccine, do I still need to be screened?
5. Am I a good candidate for the HPV test along with my Pap test?
6. What will you do if my Pap test is abnormal?
7. What will you do if my Pap test is normal, but I have HPV?
8. Does having HPV mean I'll get cervical cancer?
9. If I'm pregnant, or plan to get pregnant, how will having HPV affect my baby and me?
10. When should I get my next cervical cancer screening?

Source: Pearls of Wisdom Campaign to Prevent Cervical Cancer, Tamika & Friends Inc. www.tamikaandfriends.org

Healthy Woman

Grants, continued from Page 1

- Greene County Health Department, Women Out Walking, \$2,500
- Hancock County Health Department, Health Awareness Event, \$3,500
- Henderson County Health Department, Childhood Obesity Pilot Project, \$5,000
- Henderson County Health Department, Women Out Walking, \$3,000
- Henry County Health Department, Women Out Walking, \$3,500
- Jackson County Health Department, Health Awareness Event, \$4,000
- Jasper County Health Department, Women Out Walking, \$3,000
- Jefferson County Health Department, Health Awareness Event, \$3,000
- Jersey County Health Department, Women Out Walking, \$3,500
- Korean American Senior Center, Women Out Walking, \$3,000
- Korean American Community Services, Life Smart for Women, \$10,000
- Lake County Health Department, Childhood Obesity Pilot Project, \$4,500
- Lake County Health Department, Life Smart for Women, \$15,000
- Lee County Health Department, Women Out Walking, \$4,000
- Lee County Health Department, Healthy Body Image, \$5,000
- Livingston County Health Department, Childhood Obesity Pilot Project, \$4,500
- Livingston County Health Department, Heart Smart for Teens, \$15,000
- Macoupin County Health Department, Heart Smart for Teens, \$14,000
- Macoupin County Health Department, Healthy Body Image, \$5,000
- Marion County Health Department, Heart Smart for Teens, \$9,000
- McDonough County Health Department, Healthy Body Image, \$4,000
- McHenry County Health Department, Childhood Obesity Pilot Project, \$2,000
- McHenry County Health Department, Life Smart for Women, \$12,500
- McLean County Health Department, Heart Smart for Teens, \$14,000
- Menard County Health Department, Health Awareness Event, \$4,000
- Mercer County Health Department, Childhood Obesity Pilot Project, \$5,000
- Mercer County Health Department, Heart Smart for Teens, \$11,000
- Midwest Asian Health Association, Life Smart for Women, \$14,000
- Ogle County Health Department, Life Smart for Women, \$7,500
- Provena Mercy Medical Center, Health Awareness Event, \$4,000
- Provena St. Joseph Hospital, Health Awareness Event, \$3,000
- Provena St. Joseph Medical Center, Childhood Obesity Pilot Project, \$4,500
- Provena St. Joseph Medical Center, Health Awareness Event, \$3,800
- Richland Memorial Hospital, Life Smart for Women, \$11,000
- Richland Memorial Hospital, Healthy Body Image, \$5,000
- Rock Island County Health Department, Heart Smart for Teens, \$13,000
- Sangamon County Health Department, Heart Smart for Teens, \$14,000
- Sarah Bush Lincoln Center, Heart Smart for Teens, \$12,000
- Schuyler County Health Department, Health Awareness Event, \$2,500
- Senior Services Plus, Childhood Obesity Pilot Project, \$5,000
- Senior Services Plus, Life Smart for Women, \$9,000
- Sinai Community Institute, Health Awareness Event, \$4,000
- SIUSOM - Family Practice Residency Program, Heart Smart for Teens, \$15,000
- Southern Illinois Healthcare Foundation, Health Awareness Event, \$3,000
- Stephenson County Health Department, Women Out Walking, \$4,000
- Stephenson County Health Department, Heart Smart for Teens, \$12,000
- Tazewell County Health Department, Childhood Obesity Pilot Project, \$5,000
- Wabash County Health Department, Life Smart for Women, \$10,000
- Warren County Health Department, Life Smart for Women, \$15,000
- Washington County Health Department, Women Out Walking, \$2,000
- Washington County Health Department, Healthy Body Image, \$3,000
- Whiteside County Health Department, Heart Smart for Teens, \$9,500

Sleep Disorders, continued from Page 3

- Stimulus control – Conditioning a positive response with getting into bed. For example, using the bed only for sleep and sex.
- Relaxation training – Reducing stress and body tension. This can include meditation, hypnosis and muscle relaxation.
- Biofeedback – Measuring body actions, such as muscle tension and brain wave frequency, to help you control them.
- Remain passively awake – Trying not to fall asleep, thereby stopping any worries you might have about falling asleep easily.

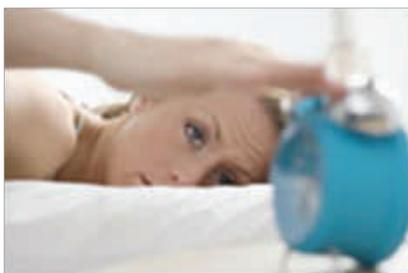
Medication

In some cases, insomnia is treated with medicine:

- Prescription sleep medicines – Prescription sleep medicines can help some people get much-needed rest. Most sleep medicines are used for short-term treatment, though some people with severe chronic insomnia may benefit from longer treatment. It is important to understand the risks before using a sleep medicine. In some cases, sleep medicine may:
 - Become habit-forming
 - Mask medical problems that may be causing the insomnia, and delay treatment
 - Interact with other medicines you use and cause serious health problems
 - Cause grogginess or rebound insomnia, where the sleeping problems get worse
- Over-the-counter (OTC) sleep aids – OTC sleep aids may help on an occasional sleepless night, but they are not meant for regular or long-term use. Most OTC sleep aids contain antihistamines, which are not safe for some people to use. OTC sleep aids also can have some unpleasant side-effects, such as dry mouth, dizziness and prolonged grogginess.

Some dietary supplements claim to help people sleep. Some are “natural” products like melatonin; others are food supplements. The U.S. Food and Drug Administration does not regulate dietary supplements as it does medicine. It is unclear if these products are safe or if they actually work.

Talk to your doctor about sleep problems before using an OTC sleep aid. You may have a medical issue that needs to be treated. Also, the insomnia may be better treated in other ways.



HOW TO SLEEP BETTER

- Try to go to sleep at the same time each night and get up at the same time each morning. Do not take naps after 3 p.m.
- Avoid caffeine, nicotine and alcohol late in the day or at night.
- Get regular physical activity. But exercise or physical activity done too close to bed time can make it hard to fall asleep. Make sure you eat dinner at least two to three hours before bedtime.
- Keep your bedroom dark, quiet and cool. If light is a problem, try a sleeping mask. If noise is a problem, try earplugs, a fan, or a "white noise" machine to cover up the sounds.
- Follow a routine to help relax and wind down before sleep, such as reading a book, listening to music, or taking a bath.
- If you can't fall asleep within 20 minutes or don't feel drowsy, get out of bed and sit in your bedroom or another room. Read or do a quiet activity until you feel sleepy. Then try going back to bed.
- If you lay awake worrying about things, try making a to-do list before you go to bed so that you don't use time in bed for worry.
- Use your bed only for sleep and sex.

SOURCES

Illinois Department of Public Health
800-782-7860
www.idph.state.il.us

National Center on Sleep Disorders Research
National Heart, Lung and Blood Institute Health
Information Center
301-435-0199; 301-592-8573
<http://www.nhlbi.nih.gov/about/ncsdr/>

U.S. Centers for Disease Control and Prevention
800-CDC-INFO (800-232-4636)
www.cdc.gov/cancer/ovarian/

U.S. Department of Health and Human Services
Office on Women's Health
800-994-9662
womenshealth.gov

SNAPSHOTS OF 2010 WOMEN'S HEALTH CONFERENCE



Healthy Woman





QUITTING TOBACCO - HOW IT WORKS

- **Getting Started** - Participating groups and individuals receive instructional materials about our service.
- **Convenient access** - Callers are greeted by a live medical professional through our toll-free services, 7 a.m.-9 p.m. Monday-Friday. Voice messages can be left at any time after hours and will be returned the next business day. Information can be accessed via the Internet at any time.
- **Assessing needs** - Professional counselors ask the callers about readiness to quit, history of tobacco use and previous quit attempts.
- **Customizing a Program** - A cessation program is customized to each caller's needs.
- **Reinforcement** - A quit-kit including self help materials, information about nicotine replacement therapies, and requested health information is mailed to the caller.
- **Follow-up** - Our counselors maintain weekly communication with participants for a minimum of six weeks. Thereafter, follow-up calls are made at three months, six months and 12 months.
- **Tracking Success** - Each call/counseling session is well documented. Data is available as needed to monitor success of the overall program.
- **Feedback** - An evaluation of the program is completed by each caller and participating group.
- **Whole Health** - Our counselors are qualified to discuss all issues relating to lung health. Physician referrals and information about medicines and treatments are also available.

EVENTS CALENDAR:

- April** — Women's Eye Health and Safety Month
Sexual Assault Awareness Month
- May** — National Stroke Awareness Month
National Trauma Awareness Month
National Osteoporosis Awareness and Prevention Month
- May 8-14** — National Women's Health Week
- May 9** — National Women's Check-up Day
- June 5** — National Cancer Survivors Day
- June 27** — National HIV Testing Day



SAVE THE DATE
Women's Health Conference
Nov. 2-3, 2011

Filton Springfield Hotel
700 East Adams Street
Springfield

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.

Generally, articles in this newsletter may be reproduced in part or in whole by an individual or organization without permission, although credit should be given to the Illinois Department of Public Health. Articles reprinted in this newsletter may require permission from the original publisher.

The information provided in this newsletter is a public service. It is not intended to be a substitute for medical care or consultation with your health care provider and does not represent an endorsement by the Illinois Department of Public Health. To be included on the mailing list or to unsubscribe, send an e-mail to Tammy Leonard at tammy.l.leonard@illinois.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