

THE SILENT JOURNEY NEWSLETTER.©

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You can control Hypertension!

According to the CDC, 1 in 3 people have high blood pressure. Medication can help control HBP. But HBP is a chronic health condition, so healthy habits are essential. Most doctors suggest you stop smoking, eat a low-fat high fiber diet and exercise. Some medical professionals suggest the DASH Diet.

DASH, which stands for, Dietary Approaches to Stop Hypertension. This includes fruits and vegetables (8-10 servings a day), whole grains, beans, nuts, low-fat dairy, lean meat (poultry, seafood), You should limit red meats, added sugars and unhealthy fats.

Most people still believe their food doesn't taste well until they add, just a little salt. Your daily intake of salt should be no more than 2300mg. Just 2 tablespoons of salad dressing can have a ¼ of your daily allowance. For more information on hypertension, cut and paste the following link.

"Happy Women's History Month!"

We wish a Happy Women's History Month to all. As we celebrate the awesome women throughout history, don't forget the women in your everyday lives. As quiet as it's kept, men know the women in our lives make us who we are and have been the foundation of our families for generations. So, we tip our hats and say, "everyday is Women's History Month".



Keeping with that theme, this month's The Silent Journey Newsletter focuses on women's health. Without a shred of research material, I can assure you women visit their medical professionals at a higher rate than men. Still, we will let the data drive us to our conclusion.

According to the CDC, on average, women made about 4.6 visits to a doctor a year in 1997-98, ranging from 3.8 for those 15-44 to about double that for those 65 and older. To be fair, the CDC did find that in many significant ways, women's care differs from men. But excluding pregnancy-related visits, women were 33% more likely than men to visit a doctor. In addition, women are more likely to have health insurance.

In short, women are handling their business. Young women are more likely to visit primary care physicians and emergency room departments. Older women were more likely to visit a specialist. Multiple articles also mentioned the fact that women and their families are more likely to go to the doctor too. It also stated, men are less medically literate than women.

For the women who still need a nudge, here are a few tips from Medlife.com. One: eat the right number of fruits and vegetables as it can increase your metabolism to have a healthy life. Two: relax your mind by simply focusing on your breathing with easy Yoga classes. Three: walking is an excellent way to burn calories and it boost blood flow to the body. Four: last but not least, manage your stress. Just do what you enjoy doing every day to slow down your stress level. If you like dancing, dance that stress away with a one-minute cha-cha.

Here are a few tips about weight gain from womenshealth.gov. Women who wish to lose weight, should plan your meals ahead of time and cook at home. They also suggested women focus on healthy foods like, lean proteins, whole grains and fruits and vegetables. The same goes for you too ladies...git er' done

Women Heart Health

Puberty, which usually takes place between 8 and 13 in girls, is a time for biological and psychological transition from childhood to adulthood. Girls with early or late puberty timing has greater risk of developing heart disease later in life. That makes it important for girls to learn healthy behaviors and practices in their youth. Here are a few tips:

- Girls (and their parents) should attend regular medical checkups, know her families' history of heart disease and undergo appropriate medical genetic testing when indicated.
- Common mental health concerns, including depression, anxiety, stress and a history of trauma. These all may increase a risk of heart disease during one's lifetime.

Menopause, which usually takes place around 54, involves decreasing levels of estrogen in the body. Estrogen is a natural hormone, and one of its effects in the body is that it helps blood flow more easily through the arteries of the heart. The hormonal changes that occur during menopause, as well as natural age-related changes, significantly increases a women's risk of heart-disease.*

*sbm.org-Women's Heart Health Pt. 1

A women's wellness exam includes a full physical exam, including a clinical breast and pelvic exam as well as health screenings, blood tests, vaccinations, and education or counseling so you can make informed healthcare decisions.*

No matter your age, women should visit a skilled gynecologist each year, beginning at age 21 (or within three years of having intercourse). The American College of Obstetrics and Gynecologists (ACOG) recommends dividing a woman's life cycle into four intervals to ensure the highest quality of primary and preventative care, including: Ages 13-18 - Young women who are not sexually active should have their first women's wellness exam between the ages of 13-15, with annual visits thereafter. The first visit generally does not include a pelvic exam, instead your gynecologist will likely familiarize his/herself with your medical history, including menstrual history and body mass index (BMI).*

Ages 19-39 - The main reasons young women in this age group visit their gynecologist, is for an annual wellness exam that includes contraception, pregnancy, and cervical cancer screening. However, it's also important to screen for obesity, diabetes, hypertension, and autoimmune diseases (e.g., lupus and arthritis).*

Ages 40-64 - Women in this age group begin experiencing menstrual changes associated with perimenopause and menopause, so it is important to monitor hormone levels and overall wellness. Here are common health screenings for mature women:

Bone density

Mammogram

Colorectal cancer

Diabetes

Thyroid

Hypertension

Cholesterol

Ages 65+ - Older women should continue seeing their gynecologist each year to promote successful aging. Women in this age group should be educated about disease prevention, particularly cardiovascular disease.*

*Adriatica Women's Health (12/02/2019) Did you know Annual Wellness Exams Are for Women of All Ages? <https://adriaticawomenshealth.com/did-you-know-annual-wellness-exams-are-for-women-of-all-ages/#:~:text=A%20women's%20wellness%20exam%20includes,women's%20wellness%20exam%20a%20priority.>

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