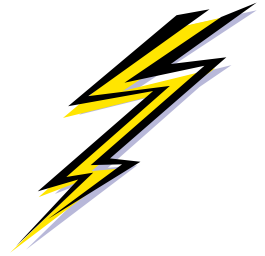




# HOT FLASHES



Newsletter of the Women's Mid-Life Health Program, Women's Health Centre

Spring 2013 Edition

## Are you the incredible shrinking woman (or man)?

By Sarah Nixon-Jackle, adapted from Standing Tall Canada brochure, Osteoporosis Canada

Many of us will recall seeing our grandparents becoming shorter as they aged. If this is the case with our own body we need to ask ourselves how much shrinking is a normal age change and how much is a warning sign of spine fractures caused by the brittle bones of osteoporosis?

Osteoporosis Canada's new program, **Standing Tall Canada** was designed to give you the answer to these questions.

Ask yourself:

1. Have I lost 2 cm (3/4") or more in height as measured by my health care professional, or 6 cm (2 1/2") or more overall since I was a young adult? (Height loss due to normal age changes is about 1 cm every 10 years after age 40).
2. Do I have a rounded spine?

If you answer yes to either of these two questions, talk to your doctor and insist on a spine x-ray (thoracic and lumbar).

Height loss can be a warning sign of spine fractures. You may not be aware of a broken bone in your back because 66% are painless. Consequences of spine fractures can result in more than just height loss. A rounded back, back pain, more broken bones and disability are life changes we want to avoid or stop in their tracks!

Ask your doctor about effective treatment that is available to reduce your risk of future fractures of the spine, wrist, hip or other bones. Each of us must take ownership of our bone health. Following are a few simple strategies to keep our bones healthy.

### Bone Healthy Life Choices

- Don't smoke
- Keep your alcohol to an average of fewer than 3 drinks per day
- Exercise regularly
- Eat a diet rich in calcium
- Eat a well balanced diet rich in protein, fresh fruits and vegetables

- Prevent falls
  - get your vision checked, cataracts contribute to falls
  - be aware of your risk-taking behaviour
  - check your home for slip and trip hazards, scatter rugs, clutter, slippery floors, etc.
  - be cautious walking on uneven or slippery surfaces
  - in the winter, wear shoes that have grip on their soles. Be extra cautious when walking on ice, snow or water with the spring melt
  - tell your doctor if you suffer from dizzy spells, have fallen or are afraid of falling, or are having problems with balance
- Take your vitamin D supplement year round at the amount appropriate for your age
- Stand tall; be aware of your posture

Visit [www.osteoporosis.ca](http://www.osteoporosis.ca) for more information or call Osteoporosis Canada 1-800-463-6842

Information taken from [www.osteoporosis.ca](http://www.osteoporosis.ca) Standing Tall Canada brochure



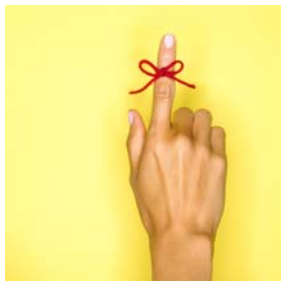
Photo from Osteoporosis Canada Case Study 2010

# Start Improving Your Memory!

By Nicole Boehm, Nursing Education Program of Saskatchewan, 2012

**Of all the things I have lost in life, I miss my mind the most!** Mark

Twain said it; many of us are living it! Changes in memory are a chief complaint of mid-life women. Lack of sleep, worries, fluctuating hormones, work and family pressures and even fun life events contribute to the stress of trying to keep on top of all we think we should know and recall.



Here are a few tips to improve your memory:

1. **Mental activity** – crosswords, puzzles, Sudoku, reading, learning new concepts or a new language help to strengthen brain cells. Take up a new hobby. Learn how to get the most out of your new technologies.
2. **Social activity** – interacting with others helps to manage stress and depression which helps to maintain healthy connections among brain cells. Laugh. Play games.
3. **Organization** – jot down appointments and events in a notebook, on a calendar or electronic planner. Keep to-do lists current and check off items once completed.
4. **Focus** – limit distractions and try not to do too many things at once. Multi tasking is a thing of the past!
5. **Eat well** – a brain healthy diet includes colourful fruits and vegetables full of antioxidants. Consider foods that contain good fats like omega-3 and are low in modified, hydrogenated or trans-fats.
6. **Physical activity** – being active promotes blood circulation throughout the body and to the brain allowing the brain to receive more oxygen and function well. If you spend much of your day sitting, get up and move at least every 30 minutes. Dance!
7. **Manage chronic conditions** – follow treatment and lifestyle recommendations discussed with your family doctor for any chronic conditions you have. Be sure to review medications with your doctor and pharmacist at least annually.
8. **Sleep well** – lack of quality sleep interferes with our brain's ability to store new information in long term memory.
9. **Cut yourself some slack!** – you may not have had a good memory all your life, but now you fear your memory gaffs are due to aging.
10. **Limit the use of alcohol and cut out smoking and recreational drugs all together!**

**One last piece of advice,**

11. **Get a complete physical yearly** – book it on the month of your birthday. Write down important directions or treatment plans the doctor gives you.

## Shoppers Drug Mart—Tree of Life Campaign



Left to right: Dr. Vicki Holmes, Janice Summach, Kathy Leite, Sarah Nixon-Jackle

Thank you so much Shoppers Drug Mart - Tree of Life Campaign!! They are truly dedicated to supporting Women's Health in Canada and have provided abundant assistance to many communities over the years. This year, 2013, the Women's Mid-Life Health Program was chosen to be among the beneficiaries, receiving \$1750.00 from the Shoppers University Heights location on McOrmand Road. These funds will be used to enhance our consult room to create a more relaxing and welcoming setting. We appreciate the acknowledgment given to our work with women's health. Thank you, Shoppers, for your role in spreading continued awareness and support of women's health issues.



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## Navigate Your Way Through Salt

By Donnelly Sellers, RD

Did you know that on average Canadians eat approximately 3400mg of sodium, or salt, everyday? That might not seem like a big issue, but we really only need 1500mg per day. Over time, excess sodium intake can lead to high blood pressure, heart disease and stroke. Health Canada recommends a maximum of 2300mg of sodium per day for the average adult.

The majority of the sodium we eat comes from processed, packaged, and ready-to-eat foods. Many of the processed foods we eat contain sodium even though they don't taste salty at all – such as breads, cereals and even certain drinks. Sodium comes in many forms: table salt, kosher salt, sea salt, smoked salt, but they really are all the same when it comes to sodium levels.

So how does one cut down on the amount of sodium they eat? Here are a few tips to help you navigate your way through the salt!

Always read food labels while grocery shopping. Many foods are now labelled as “Low Sodium” or “No Added Salt” or even “25% Less Salt”. While these claims are a good start, it's also important to check the Nutrition Facts panel as well. If a food contains more than 400mg of sodium per

serving, it is a high sodium food. If it contains between 200mg and 400mg, it's alright – but not something you want to consume a whole lot of. If the food contains less than 200mg of sodium, then it is considered a good choice in terms of sodium levels.

Avoid adding salt to your food. While most of the sodium we get in our daily diets comes from the packaged foods we buy, the salt we add to our food – during cooking and preparation, or what we shake on before we eat – contributes as well. There are many ways to flavor your foods without salt. Adding different herbs and spices, as well as onions and garlic, can increase the flavor without adding the salt. Beware of some seasoning mixes, they often contain added salt.

Reduce the sodium in the packaged foods you commonly buy. Rinsing canned vegetables and beans can reduce the sodium content by about 30%. When making foods from scratch, use less salt than what the recipe calls for and use low salt ingredients. Limit the use of high sodium condiments like salad dressings, soy sauce, ketchup and mustard.

Salt can creep into our diets in many ways, but there are also many ways that we can send it packing!

### Spinach Salad with Yogurt Poppy Seed Dressing

8 cups spinach, washed  
2 cups sliced, fresh strawberries  
½ sliced red onion  
1 cup canned, drained mandarins  
¼ cup frozen orange juice concentrate, thawed  
2 tbsp honey  
2 tbsp poppyseeds  
1 cup plain, low-fat yogurt

Divide the first four ingredients evenly into four bowls.

In another bowl, whisk together the remaining ingredients.

Top the spinach salad with 2 tbsp of dressing and enjoy!

#### Nutritional Information per salad:

Calories: 135  
Fat: 0.5 g  
Sodium: 75 mg  
Carbohydrate: 36 g  
Fibre: 18 g  
Protein: 5 g

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## Dry Skin: Battling with dry winter skin? Here are some tips!

By Lauren Dawes, Nursing Education Program of Saskatchewan, January 2013

As we age, our skin becomes more thin, brittle and dry, particularly during the winter months. It is important to moisturize all parts of our body, especially the areas that are exposed to the elements such as our face and hands.

Make sure to:

- Use a moisturizing face cream as part of your daily routine with an SPF of 30 or higher. Yes, we do still need SPF in the winter, even if we cannot feel the sun's hot rays. The sun emits UVA and UVB rays all year around, therefore it is important to continually protect your skin.
- Always apply a moisturizing lotion to hands after washing; otherwise our skin can be left feeling dry and cracked. A lotion will trap the moisture in the skin, as it evaporates quickly after hand washing.
- Take warm showers or baths rather than super hot ones. Hot water will dehydrate the skin more than warm water. Also, as with face care, apply a body lotion or cream to your skin after bathing and showering to lock in the moisture.

Here is a fun and pampering trick to lock in the moisture into your hands and feet:

1. Put body butter or an essential oil into a small plastic bag and wrap them around your hands and/or feet.
2. Place a sock or a glove over the plastic bag and secure it with an elastic band. This will trap in the moisture, leaving you with soft and smooth skin.
3. Relax and enjoy. Try this while watching TV or even while you sleep!

**Adult Acne:** “Now that I am in menopause, why am I getting zits?”

Acne can be very frustrating for people of all ages. Hormonal acne can reappear in menopause due to the change of hormones in the body. It is likely that the acne will improve over time as the hormones stabilize.

Here are some tips to maintain healthy skin:

- It is important to cleanse your skin both morning and night to remove the oils and makeup.
- Start a skin care regime and get into the habit! This may include using a cleanser, toner, moisturizer, eye cream, and spot

treatment cream for those pesky pimples.

- Do not pick at your blemishes! This may be tempting because we just want the pimple to go away. When we pick at our skin, we are introducing more bacteria and damaging the skin's surface more than helping it. Use blemish cream or let it heal on its own.
- If the acne is excessive, talk to your doctor. There may be a prescription cream that is a little stronger than over-the-counter medications that will clear up your acne.

For more information, here are some reputable resources:

#### WebMD Healthy Beauty:

<http://www.webmd.com/healthy-beauty/default.htm>

#### Mayo Clinic Healthy Skin:

<http://www.mayoclinic.com/health/skin-care/SN00003>

## Gentle Yoga

This is a class designed for people wanting a slower pace and modifications to ensure their comfort and ease in poses. Chair-assisted yoga will be offered as an approach to building strength, flexibility and confidence in the yoga poses, along with classical standing and, as appropriate, prone poses. A guided relaxation exercise is included in each class.

Mondays (11:15 am-12:15 pm)

St. James Refinery, Saskatoon

Fee: \$63/6 classes

To register, visit [www.stjamesrefinery.org](http://www.stjamesrefinery.org).

Next session April 8 – May 27 (no class May 20)



## Save The Date

Heart Disease is a leading cause of death for women in Canada. When it comes to ensuring good health for years to come, it's OK to put yourself first.

Join us for a free public forum on heart disease April 20th, 8:30 am – 12:30 pm, at Rependa Lecture Theatre at Saskatoon City Hospital.

Put yourself first for a morning to learn how to protect yourself against heart disease. You will learn:

- how family history affects your risk for heart disease
- how to become smoke-free
- how to identify risk factors for heart disease
- how high blood pressure affects pregnancy
- how to achieve and maintain a healthy weight

The truth is, we put ourselves last too often. On April 20th put yourself first and make health last!



## Hot Flashes Now Available Electronically

The Women's Mid-Life Health Program works to keep up with the times on a limited budget.

We're combining both in our offer to send your copy of the Hot Flashes newsletter via email.

Please contact us at [info@menopausecentre.org](mailto:info@menopausecentre.org) if you prefer this delivery option.



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