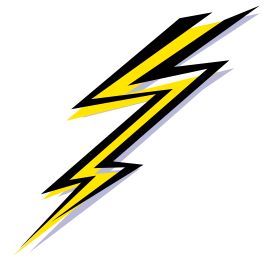




HOT FLASHES



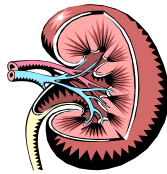
Newsletter of the Women's Mid-Life Health Program, Women's Health Centre

Summer 2013 Edition

Keeping Kidneys Healthy

By J.E. Kappel, B.Sc., M.D., FRCPC, Head of the Division of Nephrology, University of Saskatchewan

The kidneys are extraordinary organs. Every minute, one litre of blood is pumped through the kidneys and every minute the kidneys:



- Remove waste products
- Regulate blood pressure
- Ensure safe levels of sodium, potassium, calcium and phosphorus
- Produce hormones to help your body make red blood cells.

The kidneys do this work silently and it is only when about 70% of the kidney function is lost that people have any symptoms.

What are the warning signs of kidney disease?

- Changes in urination – “bubbles” on the urine, blood in the urine, more or less urination, changes in getting up at night to urinate
- Lack of usual energy
- Swelling of hands, feet or eyes – the kidneys are unable to remove the extra fluid
- Shortness of breath on exercise, at rest or waking up at night feeling short of breath
- Generalized itching – wastes are building up in the body.

Do you have any of these risk factors for kidney disease?

- Diabetes
- High blood pressure
- Smoking
- Family history of kidney disease
- First Nations, African, Asian, Hispanic descent
- Any history of heart attack, stroke, mini-stroke, high cholesterol,

gangrene or limb amputation

- Excessive use of anti-inflammatory medications (Ibuprofen, Naprosyn etc.) or herbs that could be toxic to your kidneys
- Unfortunately, after the age of 40, our kidneys can decline in function by about 1 – 2% per year even without any other medical condition.

If you have any of these risk factors, it is important that you have your kidney function tested. So, how is this done? You need to have 3 simple tests:

- Blood pressure test
- Blood test for serum creatinine and a calculation of kidney function
- Urine test for blood and protein

If you have been found to have kidney disease, what can you do about it?

- Monitor your blood pressure. Target readings are generally 130/80 mmHg although this can vary among people. Having good blood pressure control can slow kidney function decline.
- If you are diabetic, having good blood sugar control (ie Hemoglobin A1C less than 7%) has been shown to help stabilize kidney function.



- Stop smoking. Continued smoking increases the risk of kidney function decline and further blood vessel disease especially if you are a woman.



- Eat healthy. Excessive salt will increase blood pressure, which can result in further decrease in kidney function and more swelling.

- Exercise. 30 minutes of walking about 5 days per week has been shown to improve blood pressure and blood sugar control, which helps preserve kidney function.



- Be careful with over the counter pills. Many herbal supplements and anti-inflammatory medications (Ibuprofen, Naprosyn etc.) can be very harmful to your kidneys. You should always check whether these are safe with your pharmacist or doctor.

- Be careful when having CT scans or other “dye” tests. These can cause further kidney damage. Having adequate preparation for these tests can decrease the chances of further kidney problems. Discuss this with your doctor before any test.

Chronic kidney disease is common, but end-stage kidney disease (needing artificial kidney replacement treatment like dialysis or kidney transplant) is NOT common. If you have any risk factors for kidney disease, you need to take charge. Ask your family doctor to have the three simple kidney tests – blood pressure, blood creatinine and calculation of kidney function and urine test for blood and protein.

In the end, exercise, eating healthy, not smoking and having a healthy weight are important for keeping your kidneys and all your other blood vessels healthy and happy.



You Are Power Full

By Rachelle Brockman, Eureka Experience

How do you define power? The dictionary definition "The great ability to do, act, produce or affect strongly. It is vigor; force; strength, spirit."

Consider the following curiosities. What makes you courageous? What makes you wise? What brings vitality to your life? What makes you feel most alive? What qualities do Power Full people share? What makes you Power Full?

You are Power Full. How does this feel? Do you embrace it or push it aside? My mother is a Power Full woman. When I comment on it, she laughs and says, "Oh no, I'm not." I disagree!

I, too, am Power Full. As a wife, mother, daughter, friend, an entrepreneur, artist and volunteer I have made (and continue to make) life changes which rearrange my priorities...to mindfully lead a passion-filled life everyday and to remove the things that take away my power.

To be fully Power Full, we need to be mindful daily of our actions, thoughts and activities. It is through living presently that we create power and meaning in life. Viktor Frankl was an Austrian neurologist and psychiatrist who between 1942 and 1945 was imprisoned and laboured in four different Nazi death camps, including Auschwitz, while his parents, brother and pregnant wife perished. He used his own experience and the experiences of other prisoners to study suffering and meaning in life.

In his book, 'Man's Search for Meaning', Frankl very poignantly writes, "We can discover this meaning in life in three ways:

1. By creating a work or doing a deed, (By being busy)
2. By experiencing something or encountering someone; and (Outside Ourselves)
3. By the attitude we take toward unavoidable suffering."

In his book *Savor*, Thich Nhat Hanh writes, "To end struggle, we must learn to not let regret, worry, or fear dominate our life in the present moment. Each minute we spend worrying about the future and regretting the past is a minute we miss in our appointment with life – a missed opportunity to engage life and to see that each moment gives us the chance to change for the better, to experience peace and joy. The practice of being fully present in each moment is called *mindfulness*...Savor the time you have in this life. Savor every moment, every breath, every meal, every relationship, every action or non-action, every opportunity to maintain your well-being and the well-being of our world. Integrate and practice mindfulness in your everyday living so that it becomes a

habit, a way of life. Get others to join you, lending support to each other to eat, work, and live mindfully together. Living like this is your only true belonging and is the essence of a meaningful and fulfilling life."

My husband and I have two amazingly Power Full daughters. Our youngest daughter was diagnosed at age seven with Tourette Syndrome (TS) plus Obsessive Compulsive Disorder (OCD). TS is a neurological disorder characterized by tics, which are involuntary vocal & motor sounds & movements. Most people with TS have an associated disorder, including OCD, ADD and many others. (The TS community jokingly refers to the disorder as alphabet soup).

We have all taken turns at different times feeling sad, frustrated and angry at the unavoidable suffering that this disorder has dealt us. However, by turning this circumstance into an opportunity to help others, we have created meaning from it. Two years ago, we started Saskatoon's first

resource unit of the Tourette Syndrome Foundation of Canada. We now have a growing community of support, advocacy, education & awareness. Maria is my greatest teacher. She emulates Frankl's three ways to create meaning in life. She is courageous, wise, mindful and Power Full!

One of the most interesting books I have read lately is 'Leave no Doubt' by Saskatoon's very own Mike Babcock. Mike is the head coach of the Detroit Red Wings. He was also the coach who led Team Canada to gold at the 2010 Winter Olympics in Vancouver.

In his book, he quotes the poem *Attitude* by Charles Swindoll...

"The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude...I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you...we are in charge of our Attitudes."

It is time for us to create power, be visibly Power Full and accept power...with courage, wisdom, mindfulness, meaning and attitude. I envision a world full of Power Full people, who know it and act from it. Imagine the miracles we will create...what will YOU do???



Food Safety

By Donnelly Sellers, RD

As the days get longer and the weather gets warmer, many people pack up the coolers, light up the barbeques and set up the picnic tables in order to enjoy a nice meal outside. Whether you are camping or just taking advantage of one of your local picnic shelters, it's important to remember proper food handling and storage.

While the Canadian food supply is one of the safest in the world, Health Canada estimates that two million Canadians contract some sort of foodborne illness each year.

Foodborne illness, also called food poisoning, usually causes stomach cramps, nausea, vomiting, diarrhea, headache and fever – or any combination of these. These symptoms can occur several hours or several days after eating contaminated food. Generally, the symptoms do not last very long, but in more serious cases, foodborne illness can lead to different types of organ failure or even death. Older adults, young children, pregnant women and those with weakened immune systems are more susceptible to foodborne illness and therefore need to be extra cautious about proper food safety.

The Canadian Partnership for Consumer Food Safety Education developed the *FightBAC!*™ program to “improve consumer understanding of foodborne illness and the measures that can be taken to decrease the risk of illness.” To help you navigate BBQ season safely, here are a few tips:

Clean:

- Wash produce under clean, potable, running water – using a vegetable scrubber if needed.

- Even though you don't eat the rinds, make sure to wash produce like melons, oranges and lemons anyway. Bacteria on the outside can be transferred to the inside when you slice it.
- Wash your hands before and after handling food.

Chill:

- Refrigerate or freeze prepared food or leftovers within two hours or serving. At room temperature, bacteria in food can double every 20 minutes.
- If food has been left at room temperature for more than two hours, throw it away.
- Pack cold or frozen food in a cooler with ice or cold packs. A full cooler will stay cold longer than one that is partially filled.

Separate:

- Wash hands, cutting boards, dishes and other utensils with soap and warm water after they come into contact with raw meat, poultry, seafood, eggs or unwashed produce.
- Always place cooked food on a clean plate. Do not reuse an unwashed plate as bacteria from the raw food can cross-contaminate the cooked food.
- Separate raw meat, poultry and seafood from other foods when packing the cooler by putting them in a separate airtight container or bag.
- These are just a few steps you can take to reduce your risk of getting a foodborne illness. For more information and other food safety tips, visit www.canfightbac.org.

Candied Ribs

Rub Ingredients

2 tbsp paprika
1 tbsp brown sugar or maple sugar
1 tbsp garlic powder
2 tsp chili powder
1 tsp salt

Rib Ingredients

2 racks of pork back ribs
3-4 cloves of garlic, smushed
1 cup water or broth

Basting Ingredients

¼ cup maple syrup
2 tsp paprika
1 tsp chili powder

Preheat oven to 300°F. Combine the rub ingredients and mix well. Sprinkle the rub over both sides of the ribs, approximately 2 tbsp per side. If there is rub left over, save it for later. It's good on fish and chicken too!

In an oven-safe casserole dish, add the water or broth and the smushed garlic cloves. Place the ribs, meat side up, into the dish and cover tightly with foil. I couldn't fit both whole racks in to my dish, so I cut them in to pieces. Place in the oven and allow to braise for at least 2 hours. This will make the ribs “fall-off-the-bone” tender.

After a couple of hours, combine the basting ingredients and light the BBQ onto medium heat. Remember – the ribs are already cooked, you're just making them extra delicious and sticky. Place the ribs on the BBQ, meat side up, and generously baste. Turn them over and allow the sauce to caramelize and candy. Baste the bone side too – it's got to be sticky all over! After about 3-4 minutes, flip the ribs and re-baste the meat side. After another 3-4 minutes, flip the ribs again, on the meat side, and let the final layer of sauce caramelize for another few minutes.

Remove the ribs from the barbecue and ENJOY! Don't forget the napkins.

Note: 4 ribs = 1 serving!

Nutrition information: Calories: 500 kcal Fat: 24 g Sodium: 431 mg Carbohydrates: 16.9 g Protein - 20.6 g

Finding the key to appropriate use of hormone therapy

By Vicki Holmes, M.D.

Joann Manson, Chief of the Division of Preventive Medicine and Co-director for the Women's Health Center at Harvard School of Medicine spoke at a recent SIGMA conference (Special Interest Group on Menopause and Aging). She spoke on what has been discovered since 2003, when the Women's Health Initiative Study was released. The study was a huge one, analyzing the effects of premarin and provera usage that was stopped early because some negative side effects were found. Of course, there was a huge media frenzy when this came out and a lot of misinformation was passed on to women. Since then, the information has been methodically analyzed and there is some new insight and information for women to consider when making a decision on the use of hormone therapy.

When estrogen is used at the time of menopause and even up to the age of seventy, there is a reduction in heart attacks or coronary related deaths of 34% for 50-59 years of age and 16% for those 60-69. The reduction in bypass and stents is 46%

for 50-59 and 1% for 60-69. Above 69 there is a slight increase.

Transdermal estrogen, administered as a patch or gel, has a lower risk of blood clots. The risk of stroke is the same as not being on any hormones. Transdermal estrogen also has a benefit in reducing fasting glucose and insulin resistance that is found in Type 2 diabetics.

The KEEPS trial showed oral estrogen had a beneficial effect on verbal learning and memory ability across time. The transdermal route has better sexual effects.

Eventually we will unlock this complicated puzzle we call menopause!

I also attended a workshop on Premature Ovarian Insufficiency - or premature menopause. They suggested this interesting website that is a support group. I checked it out and thought this might be of interest to some of you.

www.daisynetwork.org.uk

Enjoy your summer!



*Dr. Holmes is retiring from City Centre Family Physicians July 31, 2013 after finding a wonderful replacement, Dr. Amanda Loewy. **She is not retiring from Women's Mid-Life Health Program!!!!** Kathy and Sarah have nailed her foot to the floor and she will be pleased to continue to see women referred to the Women's Mid-Life Health Program.*



HealthLine is a confidential, 24-hour health information and support telephone line, staffed by Registered Nurses, Registered Psychiatric Nurses and Social Workers. HealthLine is available to anyone in the province, free of charge.

HealthLine is not for emergency situations. Call 9-1-1 if you are experiencing a medical emergency.

HealthLine is here to support you and your health care team. It is not designed to replace the advice of your primary care provider, eliminate the need for regular check-ups, or provide a diagnosis.

HealthLine services are offered in English, with translation available in over 100 languages.

TTY access for the hearing impaired is available at 1-888-425-4444.

HealthLine is a Saskatchewan Government program, with service provided by Regina Qu'Appelle Health Region.

For more information on services available in your health region, visit the Saskatchewan Health website at www.health.gov.sk.ca

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 if you prefer this delivery option.



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