A Healthier You

News for Ladies First Members

Simple Gifts

An Inspired Life, and a brush with death

(see inside)

Dear Ladies First Members and Friends,

Sometimes all the reminders in the world won't motivate us to do anything. But then a simple, powerful story like the one we feature in this issue will knock us off our feet and spur us to take action. At least that's what it did for some of us here, and I think it might for you, too.

We're excited about the whole issue, in fact, and wish to extend a warm welcome to Ladies First newcomers and old friends. We've been as busy as ever all these months, even though the publication was on a bit of a hiatus. You'll find this issue packed with news and features to help you make the most of your Ladies First services, and hopefully uplift and inspire a little, too. At the very least, you'll have a mouth-watering new way to prepare all that fresh summer spinach!

In Health,

Kerri Frenya

Kerri Frenya
Ladies First Outreach

Sue Botelho dedicates her professional life to the inspiring words of others. A calligrapher, she transforms the verse of wise men and women into works of visual impact.

But Sue's own life story is as inspiring as any of the verses she inscribes.

"We try to live simply and make a small footprint," she says. Sue and her photographer husband Tony grow their own food, cut their own firewood, and use solar power for all their energy needs. Sue discovered through a routine Pap test that she had a rare form of cervical cancer. She received prompt treatment and is now cancer free. "The surgeon told me I dodged a bullet. It was a grave situation." Sue, in her words, is totally indebted to Ladies First. She would never have gotten the life-saving Pap test without them. Ladies First also helped find ways to defray the costs of the tests and treatments she needed "As a low-income person, I simply wouldn't have had a regular exam without Ladies First."

As the sun illuminates the moon and stars, so let us illumine one another.

Say it loud, say it strong: Early Detection Works!

There was a time not too long ago when no one talked about cancer. The "C" word was almost taboo. Spoken in hushed tones, even the patient was sometimes kept in the dark about a cancer diagnosis. Early detection helped change all that. Mammograms and pap tests lead the list of simple and effective tools that have helped put cancer in its place.

The reason why these tests are so important is because early cancer rarely shows symptoms. By getting a mammogram and a Pap test, breast and cervical cancer can be detected at such early stages that the risk of death is extremely small for most women. When cancers are found early they are easy to treat. Mammograms and Pap tests save thousands of lives every year. That's why the tests are critical. The tests themselves are simple, fast, and practically painless. And your budget doesn't take a hit, either, when you're a member of Ladies First. Mammograms and pap tests will save lives. Maybe even yours!

Friendly Reminders for Members:

- You must see a Ladies First Provider
- If you have primary insurance coverage, insurance will be billed first. You may have to pay a co-pay and/or their deductible (if applicable) for visits and/or tests.
- Be sure to send in all enrollment forms to keep your membership active. Active date is at time of signed consent.
- Renew your Ladies First membership annually
- Be sure to notify Ladies First in writing within 30 days of any change in your mailing address, legal name or legal residence.

Take it to Heart

WISEWOMAN is here for your health

Here's some sage advice from the folks at WISEWOMAN. Sign up for our cardiovascular screening program and you'll help yourself and others live a healthier life. You might even delay or prevent cardiovascular disease.

"WISEWOMAN" is the name of the Ladies First program designed to help keep hearts healthy. It's for Ladies First members between 40 and 64 years old, and includes cardiovascular risk factor screening and lifestyle intervention.

One Series, Three steps

The WISEWOMAN program is offered as a one-time series with three steps. All three steps need to be completed in a period of one year.

The three Ladies First steps are:

1. Cardiovascular risk factor screening tests: Cholesterol, Blood Pressure and Glucose (sugar).
2. NEW LEAF, also known as lifestyle intervention. This is where we help you make healthy changes that may delay or prevent cardiovascular disease. See more information about NEW LEAF in this issue. As part of NEW LEAF, a health department nutritionist will contact you to help you with healthy lifestyle changes.
3. Repeat cardiovascular risk factor screening (one year after Step 1): Cholesterol, Blood Pressure, and Glucose (sugar)

Cardiovascular screening can be done in your Ladie First provider's office or at one of our CHIP Clinics (Cardiovascular Health Improvement Program). If you would like more information about our CHIP Clinics, please call (802) 652-4139 or (800) 510-2282 and ask for Siobhan Donegan, Lisa Robinson or Marlys Beck and we can explain further.

The cardiovascular screening series is a one-time series. If you are not sure about your eligibility, please call to find out more. If your provider has questions about this series, please advise them to call (802) 652-4139 or (800) 510-2282.

Smoking: It's not just about lungs anymore

Yellow teeth, bad breath, lung disease, heart problems… Can smoking's bad effects get any worse than this? Yes. Women who smoke are more likely to have abnormal pap smears and a higher risk of cervical cancer. That's because smoking decreases your immune system's ability to do its job, including healing abnormal cells on your cervix. Even if you don't develop cervical cancer, quitting smoking now is the best thing you can do to improve your health.

A brand NEW LEAF is blowing your way

Have you already had your Ladies First cardiovascular disease screening?

For those Ladies First members who have already been screened for cardiovascular disease risk factors at their provider's office or at one of our CHIP (cardiovascular health improvement program) Clinics, you may have been pleasantly surprised to have received a packet of our NEW LEAF self-help materials.

Whether you got it in the mail or at a CHIP clinic, you should have received a copy of our NEW LEAF notebook, a pedometer (step counter) with instructions for its use, a Ladies First magnet, and a wipe off white board for recording what you eat and how much physical activity you engage in. The package also contains a letter with your recent screening numbers and a goal sheet for you to complete and return to us. This sheet shows us you have reviewed our NEW LEAF materials, and let's us know the changes you are interested in working on.

In case you haven't seen it yet...

Our notebook is called "Turning Over a New Leaf." Nutritionists, registered dieticians, nurses and Ladies First Members like you all worked on its design. It contains useful information including recommended levels for cholesterol, blood sugar, blood pressure, physical activity, healthy weight, and information about smoking cessation. As soon as you receive these materials, you can get to work making changes – no need to wait!

A couple of weeks after a member receives the NEW LEAF intervention materials, one of our nutritionists will call to see if there are any questions. If a daytime call is not best, or using another phone number is better, please let us know. We want to help our members live a healthier lifestyle and prevent or delay cardiovascular disease.

Please note: If you have already participated in NEW LEAF or declined NEW LEAF in the past, you will not receive this mailing. Unfortunately, we are only able to offer it as a one-time series.

Ladies first — Every Woman Matters

VERMONT DEPARTMENT OF HEALTH

P.O. Box 70, Burlington, Vermont 05402

Membership: 1-800-508-2222
Billing: 1-800-510-2282
TDD: 1-800-319-3141
www.LadiesFirstVT.org

spinach orange Salad

My family loves this salad when the spinach is fresh from our garden. — Kate

Ingredients:

- **4 cups spinach (about 1 bag), torn into pieces**
- **2 medium oranges, sectioned (or 1 small can mandarin oranges)**
- **½ cup red onion, sliced**
- **2 tablespoons canola oil**
- **2 tablespoons vinegar**
- **¼ cup orange juice**
- **½ teaspoon ground ginger**
- **¼ teaspoon pepper**

Directions

1. Place spinach in bowl.
2. Add orange sections and onion.
3. Toss lightly to mix.
4. Mix oil, vinegar, orange juice, ginger and pepper; mix well.
5. Pour over spinach mixture.
6. Toss to mix.
7. Chill.

Serves: 4

Nutritional Analysis per serving:
Serving Size: 1 cup
110 Calories, 7g Fat (50% of calories),
1g Saturated Fat (4% of calories),
12g Carbohydrate (40% of calories),
0mg Cholesterol, 3g Fiber, 25mg Sodium.

SERVICES for eligible Vermont women

	Age 18–39 (with breast symptoms or abnormal Pap)	Age 40 or older
Screening		
Breast	• Clinical breast exam • Breast self-exam instruction • Screening mammogram	• In-office breast exam • Breast self-exam instruction • Screening mammogram
Cervical	• Pelvic exam • Pap smear	• Pelvic exam • Pap test
Cardiovascular*	Not available	• Blood pressure check • Total cholesterol • Body Mass Index (BMI) • Diabetic Screening (Glucose)
Diagnostic		
Breast	• Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy	• Diagnostic mammogram • Ultrasound • Consultation • Second opinion • Breast biopsy
Cervical	• Colposcopy • Other diagnostic tests	• Colposcopy • Other diagnostic tests
Cardiovascular*	Not available	• Follow-up glucose • Follow-up cholesterol • Lipid panel
And More		
Breast	• Referral to Medicaid Treatment Act, if eligible	• Referral to Medicaid Treatment Act, if eligible
Cervical	• Referral to Medicaid Treatment Act, if eligible	• Referral to Medicaid Treatment Act, if eligible
Cardiovascular*	Not available	• Goal setting for nutrition and physical activity with a Vermont Department of Health nutritionist • Help to quit smoking, with counseling, free patches, lozenges or gum

*The Cardiovascular component of the Program is offered to eligible members as a one time series. A series includes: An initial cardiovascular screening, a diagnostic follow-up (if needed), up to 3 interventions, and a follow-up screening.

Please note women with VHAP, Medicaid and Medicare Part B are not eligible for Ladies First.

If you have primary insurance coverage, the insurance will be billed first and you may have to pay a co-pay and/or your deductible (if applicable) for your visits and/or test(s).

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