

Sandra Fox, Trudy Lauzon and First Environment Communications Environmental Risk and Women's Health Project

Present:

HOT FLASHES ABOUT MENOPAUSE

AT THE HOUSING AUTHORITY COMMUNITY ROOM, AHKWESASNE, ON SATURDAY, MAY 25, 1996, FROM 11 AM TO 4 PM

This free workshop will be closed after the first 75 registrants, so please register early. To register call Marita Thompson at First Environment Communication at

(518) 358-3381 or Trudy Lauzon at First Environment Research Program (518) 358-9223

The Workshop Agenda Will Feature:

* Andrea Parrot, Ph.D. Associate Professor, Department of Human Service Studies at Cornell University. Her areas of expertise include human sexuality, women's health & sexual assault.

* A special brunch prepared by Chef Tony Del Plato formerly of Moosewood Restaurant will focus on Plant Estrogens and Nutrition for the Menopausal Women.

PROMOTING HEALTH

The following are behaviors that promote good health. Check the behaviors below which you engage in, to promote your health. Review this checklist weekly, and see how many more items you can check. Keep doing this until you have included most of these behaviors (which you can) into your life.

Diet and Exercise

- Maintain a balanced, low fat, low cholesterol diet.
- Consume at least 1200 calories per day.
- Avoid fasting, binging, or purging.
- Maintain a healthy weight, not too light or too heavy.
- Participate in weight bearing exercise at least 5 times per week at 70% maximum heart rate* for 30-40 minutes per session.
- Keep cholesterol level under 200, HDL as high as possible.
- Consume at least 1200 mg. of calcium per day or 400 mg/day if you don't eat red meat.

SEXUAL/REPRODUCTIVE HEALTH

- Have an annual exam and pelvic every year after the age of 18, or at the time of first sexual activity; every 6 months if you have venereal warts (HPV).
- Practice breast self-exam every month.
- Make sure condoms are used during sexual intercourse.
- Prevent STDs and if you do get one, have it treated immediately.
- Delay sexual intercourse as long as possible.
- Use effective birth control when heterosexually active.
- Breastfeed if you give birth.
- Have children before the age of 30, if you plan on having children.

Seek prenatal care, if pregnant.

MENTAL HEALTH

- Avoid abuse, and if you can't avoid it, report it and get help.
- Seek counseling and professional help for severe stress.

LIFESTYLE BEHAVIORS

- Get at least 8 hours of sleep per day.
- Avoid or at least moderate drug and alcohol consumption.
- Don't smoke.
- Avoid dangerous areas, if possible.
- Try to relax.
- Maintain strong family ties.
- Celebrate in healthy ways.
- Monitor your blood pressure and keep it within normal range.
- Do things you really enjoy.

LATER IN LIFE

- Have a baseline mammogram by the age of 35, and if normal, every 2-3 years thereafter.
- Use HRT (or an appropriate alternative) after menopause, even if you have had a hysterectomy.
- Consume 1200-1500mg. of calcium daily after menopause (if you eat red meat).
- Have mammograms.
- Consider Bone Density Test.
- Consider end of life decisions for self and loved ones (living will, health care proxy, advanced directives).

OPEN HOUSE INVITATION

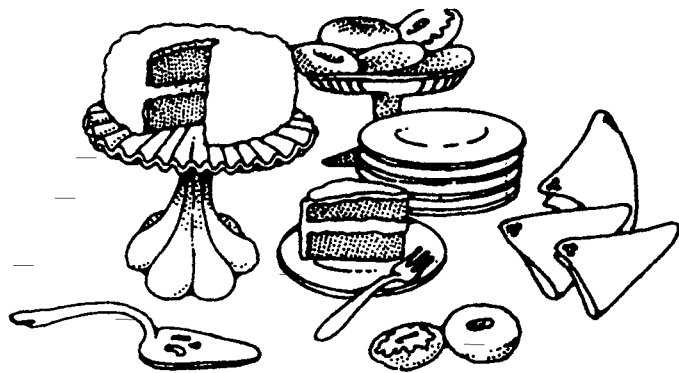
Where: Akwesasne Fuels
New Office

Snye Rd

When: April 24, 1996

Time: 10:00am to 1:00pm

Free Coffee, Donuts and Hotdogs



MANY GIVE AWAYS!!

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qualify for door prizes!!

THE GATHERING OF NATIVE AND
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