Women’s Health Update

Survey Challenges Theory That Women Strive To Take Care Of Everyone Except Themselves

(NAPSA)—A recent survey uncovered a newfound sense of self-empowerment in regard to women’s health and their priorities. The third annual Woman Talk survey, conducted by the not-for-profit National Association for Women’s Health, found that an overwhelming 94 percent of respondents said “Making time for myself is one of the best things I can do to help take care of me and my family” and 75 percent of women went a step further to say “Taking care of myself is my top priority.”

Survey respondents were asked to identify their top priority and select from “Having a healthy relationship,” “Having a safe environment,” “Having a nurturing family,” “Having a supportive community,” “Having a healthy lifestyle,” and “Having control of my body.”

The survey also found that: 87 percent of women are motivated to lead a healthy lifestyle and Hispanic women cite “being in good health” as their top priority. 71 percent of women go a step further to say “Being healthy means to me being physically active (43 percent), having energy (47 percent) and being happy” as a key indicator of good health.

According to the survey, women are motivated to lead a healthy lifestyle both for themselves and for their families or in order to help others. Older women are more motivated to maintain their lifestyle and independence, while younger women are motivated to be fit and look good.

SAFETY SENSE

Preventing Injuries And Deaths From Falls

(NAPSA)—For older adults, a fall can mean a disaster. One out of three Americans ages 65 and older fall each year. Millions are injured and one in five die from the injuries they suffer as a result. The injuries sustained can rob older adults of their mobility and independence, and lead to premature death. In 2004, nearly 200,000 people 65 and older died from falls.

But falls are not an inevitable part of aging. Older adults, as well as those who care for them—can take steps to lower their risk of falls and fall-related injuries and protect their independence.

These safety tips are included in two consumer-friendly brochures and four posters from the Centers for Disease Control and Prevention (CDC). These full-color, easy-to-read products, developed in partnership with the CDC Foundation and MetLife Foundation, are available in English, Spanish and Chinese.

Examples of fall-prevention tips for older adults include:

• Exercising regularly. Exercise programs like Tai Chi that increase strength and balance can help prevent falls.
• Having their eyes checked by an eye doctor at least once a year.
• Making their homes safer by removing hazards and improving lighting.

Older adults can take steps to prevent falls

CDC reports that the death rate from falls among older adults has increased significantly over the past decade. With the growing population of seniors in the United States, this trend can be expected to continue unless efforts are made to prevent falls. Strategies outlined in the brochures and posters are fairly simple, but they can greatly reduce the risk of falls due to fall-prevention strategies such as exercising regularly and having medicines reviewed have benefits for overall health, as well.

CDH’s fall-prevention brochures and posters are available to organizations and individuals free of charge on the CDC’s website at www.cdc.gov/ncipc/dp/dpfrac24013.html. Or call 800-CDC-INFO by phone.

This article is provided by the Centers for Disease Control and Prevention.

Eye on the Health

Awareness Campaign Asks Seniors: “Do You See What I See?”

(NAPSA)—“Do you see what I see?” For seniors who suffer with an eye disease known as Age-related Macular Degeneration (AMD) the answer is always “No.”

Picture this: a large black hole in the center of your sight that robs you from seeing complete images and eats away at your vision from the inside out. That is what happens for the 10 million Americans who suffer from AMD. AMD is a devastating eye disease and the leading cause of vision loss in people 50 years and older in the United States.

This year, EyeCare America, a public service program of the Foundation of the American Academy of Ophthalmology, is launching an awareness campaign for AMD called “Do You See What I See?” The campaign aims to connect seniors across the U.S. who are at increased risk for the disease with a free eye exam through its AMD EyeCare Program. People can call the toll-free helpline at (866) 324-EYES (3258) anytime for themselves and/or family members and friends to see if they qualify for a free eye exam and can receive treatment. EyeCare America has 7,100 volunteer ophthalmologists nationwide and to request free AMD educational materials.

“There is no cure for AMD, but early detection and treatment may slow the progression of the disease,” said William Tamson, M.D., chair of EyeCare America’s AMD EyeCare Program.

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Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, but it is a thing to be achieved. —William Jennings Bryan

A wise man will make more opportunities than he finds. —Francis Bacon

At the left is how you see the world with normal vision. At the right is how 10 million people who suffer from AMD see.

Cooking Corner

Butterfly Shrimp

Ingredients:
• 1 carton (9 oz.) SeaPak Butterfly Shrimp, frozen
• 1⁄2 cup butter
• 1 clove (about 1 tsp.) of garlic
• 1 Tbsp. lemon juice
• 1 Tbsp. white wine
• 2 Tbsp. capers (if desired)

Directions: PREPARE shrimp according to package directions. Melt 1⁄2 butter in a small skillet until simmering. Add garlic and sauté for 2 minutes, stir- ring frequently. Add lemon juice and wine. Sauté an additional 1 to 2 minutes until mixture is bubbly.

Shrimp has the unique ability to add a wonderful family meal into something elegant enough to serve your guests. For more great tasting recipes, visit www.seapak.com.