



Minnesota Women of Today
 2023-2024 MNJOTS CIP
 Women's Wellness
 State Program Manager
The Beat Goes On

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Hello!
 It is my pleasure to be serving as your Women's Wellness State Program Manager for 2023 – 2024. As you may have guessed by the heading, my emphasis this year is Women's Heart Disease. I have selected the theme **The Beat Goes On**. In Trimester 1 we will talk about signs and symptoms of heart disease in women as well as numbers that you should know about yourself.

In each CIP, be sure to look for the section titled **LPM Lookout Corner**. In it I will have the topic that I would like you to focus on as well as my challenge to you. Please be on the lookout!

Know Your Numbers

Blood Pressure	Systolic (upper)		Diastolic (lower)
Normal	Less Than 120	and	Less Than 80
Elevated	120 – 129	and	Less Than 80
High Blood Pressure (hypertension stage 1)	130 – 139	or	80 – 89
High Blood Pressure (hypertension stage 2)	140 or Higher	or	90 or higher
Hypertensive Crisis	Higher Than 180	and/or	Higher Than 120

Consult your physician

Cholesterol Levels should be under 200

Information obtained from www.heart.org.

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MNWT Calendar

June

- 9-10 USWT Year-End Convention – Arizona
- 28 – MNWT Webinar – Finding Programming Projects in Outlying Areas, Manage Change, and Social Media Guidelines

July

- 1 – Founders Day
- 15 – Fast Starts due to SPM and DD

August

- 1 – National Night Out
- 6 – Friendship Day

September

- 2 – Project of Trimester, Outstanding Program Manager nominations due to SPMs
- 2 – 1st Trimester Programming Reports due to PVP
- 22-23 Fall State Convention

October

- 25 – MNWT Webinar

November

- 1 – Women Who Impact nominations due EMAILED to Awards Committee Chair

Please see the official calendar at MNWT.org under Events to ensure that you are not missing any important dates.

Heart Disease and Women

Heart disease is the number one killer of American women. Some heart disease symptoms and risk factors are different for women than men. Some risk factors, such as obesity, metabolic syndrome, and depression, happen more often in women. Women also have unique risk factors for heart disease, such as menopause. Some heart disease risk factors, such as diabetes and smoking, are even more dangerous for women. Women do worse after heart attacks compared to men, and women are less likely to join and complete a cardiac rehab program.

Q: What is heart disease?

A: “Heart disease” refers to several types of problems that affect the heart. The most common type of heart disease is coronary artery disease (CAD), also called coronary heart disease. In CAD, plaque builds up on the walls of the arteries that carry blood to the heart. Over time, this buildup causes the arteries to narrow and harden, a process called atherosclerosis. This prevents the heart from getting all the blood it needs. It can also cause a blood clot to develop. If the clot blocks blood flow to the heart it can cause a heart attack.

Q: How do I Know If I Have Heart Disease?

A: Heart disease often has no symptoms you can feel, like pain or shortness of breath. Two out of every 3 women who die suddenly from heart disease did not have symptoms.

But there are some signs to watch for. Chest or arm pain or discomfort can be a symptom of heart disease or a warning sign of a heart attack. Women often describe a burning chest pain or pain in the back, neck or jaw. See the 7 signs of a heart attack at the [womenshealth.gov/heartattack](https://www.womenshealth.gov/heartattack) website. Call 911 if you think you are having a heart attack, rather than driving yourself to the hospital.

If you think you may have heart disease, talk to your doctor. He or she will do tests and ask about your family medical history and health behaviors like smoking, physical activity, and healthy eating.

(Article and Information Sources Continued on P. 3)

2023 – 2024

Trimester 1

Presidential Success Bonus Points – Programming Area

- Submit a Chapter Officer, Chapter Information, and Program Manager Sheets by June 30 (25 points)
- Submit Program Manager Trimester Report (25 points)

For the full Presidential *BONUS* Points, see President or CMVP CIP.

For more information on SUCCESS, see CMVP CIP, or www.mnwt.org under Success System Helpful Hints.

LPM LOOKOUT CORNER

Focus of the Trimester:

Signs and Symptoms of Heart Disease

Challenge: Conduct a review of the Know Your Numbers section of this CIP. E-mail the chapter minutes where the review is documented. Each LPM who meets this challenge will have their name put in a drawing for a gift card.

Good Luck!

Q: What do I need to know about my risk for heart disease?

A: Certain habits and health problems raise your risk for heart disease. You can control many of the risk factors for heart disease.

- **Habits you can control** include not smoking, eating healthy, getting physical activity, limiting alcohol, and reducing stress. Talk to your doctor and nurse about steps you can take to quit smoking, eat healthier, and lower your stress.
- **Health problems you can improve** include high blood pressure, high cholesterol, overweight and obesity, and diabetes. If you have one or more of these health problems, work with your doctor or nurse to make healthy changes to lower your risk. Your doctor may also prescribe medicine to help you control your blood pressure or cholesterol.
- **Risk factors you can't control** include your age, family history, and menopause. Knowing about risk factors you can't control can help you and your doctor decide on a plan to reduce other risk factors for heart disease.

Q: How does menopause affect my risk for heart disease?

A: Women usually get heart disease about 10 years after men do. This is because until menopause, the ovaries make the hormone estrogen. Estrogen gives premenopausal women some protection against heart disease by keeping blood vessels relaxed and a healthy cholesterol balance.

For more information about Heart Disease...

For more information about heart disease, call the OWH Helpline at 800-994-9662 or contact the following organizations

National Heart, Lung, and Blood Institute

Phone Number 301-592-8573

www.nhlbi.nih.gov

Centers for Disease Control and Prevention

Phone Number 800-232-4646

www.cdc.gov

American Heart Association

Phone Number 800-AHA-USA1

www.heart.org

Women's Heart Foundation

www.womensheart.org

The Office on Women's Health is grateful for the additional reviews by:

- National Heart, Lung, and Blood Institute staff
- Harlan Krumholz, M.D., Cardiologist, Director, Center for Outcomes Research and Evaluation, Yale University and Yale–New Haven Hospital
- Rachel Dreyer, Ph.D., Postdoctoral Associate in Medicine (Cardiology), Center for Outcomes Research and Evaluation, Yale University

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www.womenshealth.gov | 800-994-9662



Smoking Cessation Steps

- 1. Plan and Prepare**
 - a. Choose a quit date.
 - b. Remember how this will improve your health.
 - c. Get rid of temptations.
 - d. Think of what you have learned from previous attempts.
- 2. Remember you are not alone!**
 - a. Talk to friend and family about your reasons for quitting.
 - b. Seek professional help.
 - c. Call 1-800-QUIT-NOW
 - d. Join smoke-free communities on your social media.
- 3. Learn new skills and behaviors.**
 - a. Plan to distract yourself from urges.
 - b. Have other things to occupy your hands or put in your mouth.
 - c. Be prepared to manage withdrawal symptoms
- 4. Medications**
 - a. Nicotine Replacement Therapy that provides small, steady doses of nicotine.
- 5. Be prepared for relapse and difficult situations.**
 - a. Find new ways to handle stress.
 - b. Don't beat yourself up if you slip.
 - c. Eat healthy and exercise will help manage weight and mood.

Resource for this material: website Quit-Assist 5 Keys for Quitting

Women Who Impact Award

Though we are in Trimester 1, start thinking about someone to nominate for the Women Who Impact Award.

Nominations are due on November 1st.

A Look Ahead

Looking ahead to **Fall State Project Fair:**

Literature from the American Heart Association

Red Dress Pins for sale or give away TBD

Fast Start for Local Program Manager

(LPM) Due July 15, 2023

1. Attend an Orientation (district, local, LOTS, or one-on-one with your chapter Programming Vice President.) Date attended:
2. Write down your goals for the year. Send to your Chapter President or PVP and your District Director. Date sent:
3. Write to your District Director, introduce yourself and share your goals and ideas for the year. Date sent:
4. Review the programming trimester report for your area by July 15. Date reviewed:
5. Review the Local Program manual to educate yourself on being an LPM. Date Reviewed: