

Women's Health Talk



A Publication of Women's Health Boutique Franchise System, Inc.

Volume 7 Number 2

Where Hope Lives...

Go to the right source for support in dealing with recurrent breast cancer, a disease that touches lives in many different ways.

This on-line resource offers information and support with diet and exercise, money matters, and medical issues and questions. Also, true stories celebrating survivors will touch your heart and mind and lift your spirit.

The information provided will help you through a difficult time and give you the most important gift of all — hope!

Visit or call today.

Living with it

A support program for women with breast cancer

www.livingwithit.org
(877) Living With It
877-548-4649

Help for Trichotillomania

Throughout time, hair has always played an important role in our culture. It has been magical, as in the story of Rapunzel, and mythical, as in the story of Samson and Delilah. It is sometimes never cut for religious reasons and sometimes never let to grow for dress code reasons. Whatever the story, current fashion trends or personal taste, most would agree that hair is given much thought and attention in regards to beauty. It is for this reason that the disorder, Trichotillomania, is so socially devastating.

Trichotillomania is a disorder that manifests as the urge to pull one's hair resulting in noticeable hair loss. The term "trichotillomania" is derived from the Greek words for hair (thrix), to pull out (tillein) and frenzy (mania). This chronic hair pulling is currently defined in medical literature as an Impulse Control Disorder. It is sometimes mistakenly thought of as an Obsessive-Compulsive Disorder (OCD), but it does not meet OCD diagnostic criteria.

WHAT IS TRICHOTILLOMANIA?

Diagnostic and Statistical Manual of Mental Disorders Fourth Edition, American Psychiatric Association 1994. Pp. 618-621.

- **Recurrent** pulling out of one's hair resulting in noticeable hair loss.
- **An increasing** sense of tension immediately before pulling out the hair or when attempting to resist the behavior.
- **Pleasure**, gratification or relief when pulling out the hair.
- **The disturbance** is not better accounted for by another mental disorder and is not due to a general medical condition.

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End the embarrassment. Women's Health Boutique offers wigs for those suffering from hair loss.

Wig caps are designed and handmade for "Women of Color" suffering from severe hair loss in the frontal area and diffused hair loss throughout the rest of the scalp.



Some are handmade for women suffering from excessive hair loss in a small area, such as the crown or frontal area. This design gives you the option of integrating your hair in the sides and back.

Smaller caps are the best solution for women suffering from excessive hair loss in a small area, such as the crown or frontal area. It will add just enough hair to enhance your appearance in short and mid-length styles.



In This Issue...

- *Help for Trichotillomania*
- *Do You Have IBS?*
- *Be Good To Your Feet*
- *A Lasting Impression*

Be Good to Your Feet

An estimated 17 million people in the United States have diabetes — are you one of them? About 60-70% of diabetics have mild-to-severe forms of nerve damage, especially in the feet — does this apply to you? Most people with diabetes can avoid serious foot problems — do you take proper care of your feet?

Diabetes-related foot problems are the third most common reason for hospitalization and the leading cause of amputation in the lower leg and foot. Diabetes often leads to peripheral neuropathy, a condition in which nerve function deteriorates in the body's extremities. This damage leads to a gradual loss of feeling in the hands, arms, legs and feet. This inability to sense pain in areas affected by cuts, bruises or blisters can sometimes lead to open wounds that will not heal properly... or at all.

Having the proper footwear and checking your feet daily will greatly reduce the risk of serious problems. Wear socks that not only protect your feet, but allow them to breathe. Also, wear properly fitting shoes at all times. Make it routine to inspect feet for cuts, sores, red spots, swelling and infected toenails. If you have trouble bending over to see your feet, use a plastic mirror to help, or ask a family member or caregiver to help you. Wash your feet daily in warm (not hot) soapy water, but never soak them as they can easily dry out. With a soft towel, dry feet thoroughly, especially between toes. Remember, have your feet checked by a professional at least once a year. All of these precautions can help prevent your feet from becoming ulcerated or infected.

Take care of your feet so they can take care of you. Make a small step toward better foot care — change your socks!

SensiFoot™ from JOBST, the #1 name in compression therapy:

- Non-irritating toe seams help eliminate pressure points against the skin and reduce the risk of blisters and callous formation. Additional padding in the toe and heel reduces friction and provides extra comfort.
- Antimicrobial finish inhibits fungal and bacterial growth on the sock.
- Non-constricting, mild gradient compression offers a safe, comfortable, precise fit and helps prevent slipping and bunching.
- Acrylic multifiber yarns wick moisture away to help keep feet cool and dry.

Stop by the Women's Health Boutique nearest you and order pair a of Diabetic Socks designed for your special needs. Women's Health Boutique also carries compression garments to help improve diabetic foot circulation and decrease swelling. Knee highs, thigh highs, panty hose, over the counter and custom garments are available at Women's Health Boutique. ♡



Reaching out to women everywhere...

A Beautiful Gift of Love...With a Lasting Impression

Created by a doctor for his wife who underwent breast cancer surgery, Radiant Impressions™, is considered one of the most superior breast prosthesis on the market today. This custom prosthesis is silicone based, waterproof, adheres to the skin and is so lightweight that it can be worn without a bra. The process is unique. Radiant Impressions creates a custom piece from a carefully cast mold of the chest wall. The finished prosthesis fits snugly to each dimension of the surgery site and is customized from 14 shades to imitate the existing breast in shape, nipple-size and color. The breast form is an amazing, symmetrical duplicate of the natural breast. Each Radiant Impression is made with a patent-pending silicone form core that gives it its breathable nature and its ease in wear. In addition, this prosthesis is extremely durable, giving you the ability to renew an active lifestyle — swim, jog, golf, play with children and pets... with no worry. Regain the freedom to make

fashionable choices in lingerie and clothing so that you can be confident in not only feeling well, but looking great! *For more information on Radiant Impressions, call your local Women's Health Boutique.*



Do You Have IBS?

Irritable bowel syndrome (IBS) is a functional bowel disorder of the large and small intestines causing about 20% of American women to experience constipation and diarrhea accompanied by abdominal pain and discomfort. Other common symptoms are bloating, passing mucus in the stools, or a sense that the bowels have not been completely emptied.




The exact cause of IBS is not known; and although the digestive tract is impaired, no change in physical structure is evident, such as inflammation or tumors. Health experts believe faulty communication between the brain and the intestinal tract causes the problem.

A combination of elements, including psychological stress, hormones, the immune system and neurotransmitting chemicals appear to cause interference with messages sent between the brain and the bowel. This miscommunication causes the abdominal muscles to spasm, either speeding up the passage of stool (diarrhea) or causing a delay (constipation).

Each episode may differ, from mild to severe discomfort, but the disorder does not progress over time, nor does it lead to more serious diseases. Most of those with IBS have mild symptoms and lead a relatively uninterrupted life. About 25% have more bothersome symptoms, but they are usually triggered by physical and emotional factors. Just a few, about 5%, have severe symptoms. These individuals' excessive stress, anxiety or depression greatly aggravate their IBS, causing missed work, school and play.

People who have IBS may develop pain in response to one or more factors, including:

- **Eating**, although no particular foods have been associated with IBS.
- **Stress**. Stress may affect the movements of the intestines and also may affect the way a person feels pain. (Stress may also have the same affect on people who do not have IBS.)
- **Bloating** caused by trapped gas.
- **Hormonal** changes, such as during the menstrual cycle.
- **Certain** medications.
- **Genetics**. IBS may be more likely to occur in people who have a family history of the disorder.


For more information about IBS, contact the International Foundation for Functional Gastrointestinal Diseases (IFFGD) by calling (888)964-2001 or visit them at www.iffgd.org 

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The disturbance causes clinically significant distress or impairment in social, occupational or other important areas of functioning.

Trichotillomania is not a new disorder, rather it is one that is gaining attention due to new treatments and its sufferers "coming clean" with their problem. This disorder has been described as far back as the 1800s and there is a reference to hair pulling in the Bible. In the book of Ezra, chapter 9, verse 3, hair pulling is described: "And when I heard this thing, I rent my garment and my mantle and plucked off the hair of my head and of my beard." Today, epidemiological studies indicate that the disorder is fairly common, affecting about 2% of the population.

The disorder usually begins as a compulsive habit around 12 years of age; although, it is not uncommon for the pulling to start earlier or later. Often there is a stressful event or trauma that triggers the pulling to begin. The negative experiences can be a change in school, death of a loved one, abuse or family turmoil, such as divorce. In trichotillomaniacs, hair pulling decreases the tension or anxiety they feel. The hair pulling itself is usually not painful, but many times the relief is short lived once they realize what they have done. The fears are of someone knowing their secret, and of going bald.

There is help. Behavioral therapy, medications, and in some cases psychotherapy have shown marked improvement and or elimination of the behavior. For more information, contact the Trichotillomania Learning Center at (831) 457-1004 or visit them at www.trich.org 

April is Women's Eye Health Month

The American Optometric Association recommends that you visit the optometrist on a regular schedule, even if you think your vision is a perfect 20/20. If new ocular, visual or systemic health problems develop, then a more frequent visit to your eye care professional is in order. Use the chart below to determine when you and your loved ones should have eye examinations.

AGE GROUP	FREQUENCY
Infants & Children	By 6 months of age, at 3 years of age, before starting the first grade, then every 2 years thereafter.
18 years – 40 years	Every 2-3 years.
41 years – 60 years	Every 2 years.
61 years and older	Every year.

Visit www.aoanet.org or www.preventblindness.org for more information.



Time for a Change

A 10 to 15 pound (or more) weight gain or loss not only sends you shopping for a new pair of pants... it should also send you shopping for a new bra. Weight gain or reduction can significantly alter your bra size.

We've said it before, 8 out of 10 women are wearing the wrong size bra. Even if you were in the minority column — wearing the correct size, your "Spring slim down" could mean you have shifted sizes.

As you plan for your warm-weather looks, be sure to visit your Women's Health Boutique. While there, check out the beautiful new lines of lingerie plus all the specialty bras, especially the sports bras. When the sun beckons for outdoor play, a sure-fitting sports bra is a must. Come by today for a no-charge fitting consultation.

The "Perfect Fit" is more than just getting measured — it means an accurate fit for a great appearance, proper support and to avoid unnecessary pain and possible health problems. See you soon! ♡



FREE SUBSCRIPTION OFFER

To receive a FREE subscription to *Women's Health Talk*, or to send a subscription to a friend, fax or mail names and addresses to the Women's Health Boutique address listed on the top panel of this page, or visit our Web site:

www.w-h-b.com

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*Discount only applies to non-reimbursed insurance, Medicare and Medicaid items.

Reaching out to women everywhere...

