



women's health

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UMHS Women's Health Program—Dedicated to the health and wellness of women

WOMEN'S HEART PROGRAM

Knowledge is Power

Heart disease is the number one killer of women (and men) in the United States. Each year more women die from cardiovascular disease (including stroke) than the next six causes of death combined, including breast cancer. For twenty years, the rate of men dying from heart disease has been declining, but the rate for women has not.

Knowledge is Power

What do women need to know to help change these alarming statistics? Studies have shown that women aren't aware of the risk. In addition, even though minority women face the highest risk of death from heart disease and stroke, they have a lower awareness of their risk.

Diagnosis

Heart disease may be harder to diagnose in women. Women often have more atypical symptoms such as abdominal pain, difficulty breathing, nausea and unexplained fatigue.

The conventional electrocardiogram (EKG) stress test might not be the best diagnostic tool for women for several reasons:

- Women can have false positive EKG changes because of estrogen.
- Diffuse coronary artery disease, which is more common in women than in men, might not be picked up on a routine exercise stress test.
- Elderly women might not be fit enough to walk on a treadmill during a conventional stress test. Alternatives include stress tests with imaging and stress tests using medication.

Taking Action

Claire Duvernoy, M.D., assistant professor, University of Michigan Department of Internal Medicine; director, Cardiovascular Center's Women's Heart Program; and acting chief of the cardiology section at the Ann Arbor Veterans Affairs Medical Center, says that it is important that women "take action now to assess their individual risks." Women need to pay attention to their weight, their cholesterol, and their blood pressure, and above all they need to quit smoking if they currently do so.

Becoming active, having a healthy diet, and following doctors' advice for medications can treat most risks. It is important to pay attention to these factors at any age, but particularly for women going through menopause, since the risk of cardiovascular disease increases around that time.

The University of Michigan Women's Heart Program focuses on helping women—those who have survived a heart-related crisis or face a major risk of having one in the future—identify, evaluate and reduce cardiovascular risk factors. Call (734) 998-7400 or toll-free 1(888) 287-1082 or visit http://www.med.umich.edu/cvc/services/site_womensheart/about.html.

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Restoring

Learning how to beat stress benefits body and mind

Do you manage stress, or do you let stress manage you? Some people accept stress as an unavoidable part of life without considering how to respond more positively to stress and reduce its negative effects.

Karen Dannemiller knew that she needed to slow down, so she took a stress management class (Restoring Balance: Tools for Stress Management) offered by the University of Michigan Preventive Cardiology Services. Like the majority of

people tend to minimize the effects of stress on their bodies, minds, and lives.

Finkel has more than 30 years of experience with meditation and relaxation techniques. The techniques she teaches include mindfulness meditation (awareness of the present moment), guided imagery (focusing your imagination on a positive experience), bodyscan (tuning into the various parts of the body), breathing techniques (diaphragmatic breathing), progressive muscle relaxation, and writing exercises

“People feel better when they address their stress. They’re happier and more productive. It has lots of positive side effects.”

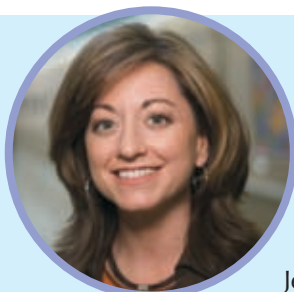
—Sandra Finkel, M.P.H.

the people who take the class, Dannemiller wasn’t a cardiology patient.

The class Dannemiller signed up for was taught by Sandra Finkel, M.P.H., manager, Stress Management Services and Cardiovascular Executive Health Program, who also provides individual stress management consultations. Finkel says that there is an epidemic of stress in this society, and

to help her students increase their sense of control and calm.

Finkel also shows people how to take a fresh look at time management and how they make choices so they can let go of the things that are not adding to their lives. She says, “People feel better when



Jennifer McIntosh

McIntosh has more than 16 years of experience in public relations, marketing, and education. Most recently she served as the program manager for Injury Prevention and Public Relations in the University of Michigan Health System (UMHS) Pediatric Trauma

New Director for U-M Women’s Health Program

The University of Michigan Women’s Health Program welcomes a new director, Jennifer McIntosh.

Department where she was the coordinator for Safe Kids Washtenaw County and created a successful child passenger safety program, Mott Buckle Up!, to serve as a nationwide model for how to successfully integrate a child passenger safety program into a hospital.

McIntosh has always been passionate about learning and educating others, and she is excited about the opportunity to inspire women to actively participate in managing their health. Timothy Johnson, professor and department chair, UMHS Obstetrics and

Gynecology, says, “We are pleased to have Jennifer McIntosh join the Women’s Health Program leadership. Her background in health education is a perfect match for the strategic priorities of the program—improving how we provide care for and reach out to UMHS patients and our community. Her knowledge, energy and enthusiasm will help the UMHS Women’s Health Program set and achieve new goals and provide access to the best in women’s health care, research and educational materials and opportunities.”

Balance

they address their stress. They're happier and more productive. It has lots of positive side effects."

Dannemiller was able to put these practices to good use. During the six-week span of the class, she had a health scare and used the techniques to help

her cope. Her new knowledge is continuing to make a positive difference in her life. She says, "I'm putting the class to work in my life right now, and it's working for me."

Find out more about classes offered through Preventive Cardiology by visiting <http://www.med.umich.edu/cvc/health/classes.html> or calling (734) 998-5679.

Tips to Help Restore Balance

Provided by *Sandra Finkel, M.P.H.*

1. Take restorative time for yourself each day. Even small amounts of time, just for you, can feel spacious.
2. Acknowledge what is outside your control. Accepting what you can't control is less stressful than resisting it.
3. Claim your power of choice. Recognize your power to choose your thoughts, words and actions in every moment.
4. Savor more moments. Finding things to enjoy and appreciate in the moment can uplift you and relieve stress.
5. Invite support. If you tend to take on too much and feel overwhelmed, try inviting help.

NEW CARDIOLOGIST

Lisa Jackson, M.D., M.P.H., recently joined the Division of Cardiovascular Medicine within the Department of Internal Medicine as a clinical assistant professor. Jackson's research will focus on vascular medicine and women's cardiovascular health research (including studying the vascular correlates and causes of hot flashes in menopausal women). Jackson is a graduate of the Tufts University School of Medicine in Boston and the Harvard University School of Public Health.



The atrium at the new CVC

New U-M Cardiovascular Center Opens

On June 11, 2007, the \$215 million, 350,000-square-foot University of Michigan Cardiovascular Center (CVC) opens its doors to a new way of treating and studying cardiovascular disease in Michigan and throughout the nation. The U-M Health System's newest clinical building, located at the center of the medical campus, unites people, services and programs dedicated to adult heart and vascular care. The Center houses operating rooms, patient rooms, clinics, classrooms and offices, bringing together

specialized services and facilities that were once located throughout the medical center.

The building was designed to create a calm and healing environment for patients and visitors. Indoor and outdoor healing gardens, rooms for quiet reflection, a patient education center, valet parking, a heart-healthy café and art-filled halls are just some of the features geared toward patients and families.

Find out more at <http://www.med.umich.edu/cvc>.

Get Involved!



Volunteer

We are always looking for individuals with a strong interest in women's health to devote their time and talents in the

Women's Health Resource Center as a volunteer. The hours of operation are 8:00 a.m.–5:00 p.m., Monday through Friday. Contact the Resource Center (734) 936-8886 or UMHS Volunteer Services (734) 936-4327 x3 for more information.



Participate in Women's Health Research

Visit the engage Web site at <http://www.med.umich.edu/engage/> to enroll

in the online registry. Whether you are a person in good health or have a particular condition, engage can match you with researchers who need people like you.



Donate

Support women's health (care, research and education) with a financial gift. Contact Jennifer Edwards by phone at (734) 998-7363 or via e-mail at

jahedwar@umich.edu to learn more about specific ways in which you can support Women's Health at the University of Michigan Health System.



For More Information: Please visit the Women's Health Program Web site at www.med.umich.edu/whp or the U-M Web site at www.med.umich.edu/1libr/1libr.htm.

To Receive Future Issues: To be placed on the *Women's Health* mailing list, or for more information on the Women's Health Program, call the Women's Health Resource Center at (734) 936-8886. If you no longer wish to receive *Women's Health*, please e-mail womenshealth@glcomm.com and ask to have your name removed from the mailing list.

Mission: To provide the highest-quality health care to women through coordinated service, collaborative research, extensive education and outreach.

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Reading List



Thriving With Heart Disease: The Leading Authority on the Emotional Effects of Heart Disease Tells You and Your Family How to Heal and Reclaim Your Lives

by Wayne Sotile and Robin Cantor-Cooke



Women Are Not Small Men: Life-Saving Strategies for Preventing and Healing Heart Disease in Women by Nieca Goldberg, M.D.



Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, M.D., with P.J. Skerrett



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