

9 Health Issues Women Should Understand:

1. HEART DISEASE- Number 1 cause of death for women. S/S of heart attack are shortness of breathe, cp, n/v and feelings of reflux for women.
2. STROKE- Affects 55,000 more women than men. There are 2 types of strokes-hemorrhagic and ischemic. S/S of a stroke and call 911: B-E-F-A-S-T Balance, Eyes, Face, Arm, Speech, and Time. Strokes can also occur in pregnancy due to preeclampsia.
3. DIABETES- increases a women's risk of heart disease x4. Can also cause difficulties during pregnancy such as miscarriages, and birth defects. Treatments include a careful diet, exercise, glucose monitoring, and medications.
4. MATERNAL HEALTH ISSUES- Health prior to conception is very important. Issues that can affect pregnancy is high blood pressure, diabetes, obesity, and iron deficiency anemia.
5. UTI's-more common in women than men. It occurs when germs enter the urethra and spread.
6. Sexual Health-Human papillomavirus is the most common STI, which also may lead to cervical cancer. Scheduling your regular papsmear aids in early detection and treatment.
7. BREAST CANCER- The most common cancer in American Women. Monthly Self-exams, mammograms, and healthy lifestyle are ways to manage your risks.
8. OSTEOPOROSIS-a disease that causes bones to weaken. More common in postmenopausal women . Prevention would be increasing calcium intake and performing weight-bearing exercises.
9. ALZHEIMER'S DISEASE-a form of brain degeneration. and more commonly occurs in women. Promoting optimal brain health include healthy lifestyle choices, staying active, and eating a healthy diet.

Reference:
9 Health Issues Every Woman Should Understand | Northwestern Medicine

HEALTHY LIFE FOR WOMAN

1 medical examination
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2 keep regular hours
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3 active lifestyle
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4 fruits and vegetables
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5 drink more water
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6 control your weight
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7 workout
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8 get enough sleep
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presented by Health and Wellness Ministries:

Women's Health Month

"Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good."

Titus 2:3

ANNOUNCEMENTS:

- **MAY 7 - 10A-12P WOMEN'S HEALTH BRUNCH** TOPIC: SEXUAL HEALTH AND PREVENTION
 - **JUNE 4TH- 5P-7P MEN'S HEALTH "DINNER WITH THE DOCTOR"** TOPIC: PREVENTION, FITNESS, AND NUTRITION.
 - **JULY 8-9-WEEKEND INTERACTIVE SEMINAR** TOPIC: INTERPERSONAL RELATIONSHIPS-BUILDING COMMUNICATION.
- PRESENTED BY LICENSED FAMILY THERAPISTS.

PLEASE VISIT WEBSITE TO SIGN UP:

[HTTPS://ORLANDOCENTRALSDA.CHURCHCENTER.COM/REGISTRATIONS/EVENTS/](https://orlandocentralsda.churchcenter.com/registrations/events/)



Symptoms of endometriosis include:

Pain around the time of periods or ovulation

Painful bowel movements or urination

Abdominal bloating and nausea

Pain during or after sex

Infertility

Fatigue



HEALTH AND WELLNESS MINISTRY

MCDUGALL'S FLUFFY PANCAKES | FATFREE VEGAN KITCHEN

INGREDIENTS

- 3/4 CUP UNBLEACHED ALL-PURPOSE FLOUR (OR WHOLE-WHEAT PASTRY FLOUR)
- 3/4 CUP WHOLE-WHEAT PASTRY FLOUR
- 2 TEASPOONS BAKING POWDER
- DASH OF SALT
- 1 TABLESPOON ENER-G EGG REPLACER
- 1 CUP MASHED RIPE BANANAS (2 TO 3 BANANAS)
- 1 CUP SOY MILK OR RICE MILK
- 1/2 CUP SPARKLING WATER
- 1 TABLESPOON SUNSWEET LIGHTER BAKE (SEE NOTE BELOW)
- 1 TABLESPOON FRESH LEMON JUICE
- 1/3 CUP FRESH BLUEBERRIES (OPTIONAL)

COOK MODE

PREVENT YOUR SCREEN FROM GOING DARK

INSTRUCTIONS

MIX TOGETHER THE WHOLE-WHEAT AND ALL-PURPOSE FLOURS, BAKING POWDER, AND SALT IN A MEDIUM BOWL.

IN ANOTHER MEDIUM BOWL, WHISK THE EGG REPLACER WITH 1/4 CUP WARM WATER UNTIL FROTHY. ADD THE BANANAS, MIXING WELL. ADD THE SOY MILK, SPARKLING WATER, LIGHTER BAKE, AND LEMON JUICE UNTIL WELL MIXED. STIR THE BANANA MIXTURE INTO THE DRY INGREDIENTS JUST UNTIL COMBINED. GENTLY STIR IN THE BLUEBERRIES, IF YOU ARE USING THEM.

HEAT A NONSTICK GRIDDLE OVER MEDIUM HEAT. WHEN IT IS HOT, LADLE PANCAKES ONTO THE GRIDDLE, USING 1/4 CUP PER PANCAKE, ALLOWING SPACE FOR THEM TO SPREAD. WHEN BUBBLES FORM ON THE SURFACE, USE A SPATULA TO FLIP THEM OVER. COOK UNTIL LIGHTLY BROWNED. REPEAT WITH THE REMAINING BATTER. SERVE IMMEDIATELY.

NOTES

IF YOU CAN'T FIND LIGHTER BAKE, PRUNE PUREE, APPLE SAUCE, OR EVEN A LITTLE EXTRA MASHED BANANA WILL DO.

FROM THE STARCH SOLUTION BY JOHN A. MCDUGALL, M.D., AND MARY MCDUGALL. RODALE BOOKS, 2012. REPRODUCED WITH PERMISSION.

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OUR MISSION

*To educate, inspire, and grow our
community in health, lifestyle,
and prevention.*