## CCA@YourService:
How We Support Employees & Family Members

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Features of CCA@YourService

- Confidential
- No Cost
- Employees & Family Members
- 24/7
- 800-833-8707
- www.myccaonline.com
- Company Code: CUNY
Agenda

- Introduction
- Leading causes of death
- Heart attacks/strokes
- A healthier you
- Cancer
- Osteoporosis
- Women’s health by age
- Behavior/screenings
- Menopause
Learning Points

Participants will:

• Explore the leading causes of death in women
• Examine heart attacks and strokes including causes, symptoms and risk factors
• Identify the steps to a healthier you
• Discuss cancer prevention and myths
• Determine the impact of osteoporosis and how to prevent it
• Define the behaviors to avoid and what screenings to get
• Explore menopause
Leading Causes of Death for Women

Women – all ages:

1) Heart disease
2) Cancer
3) Stroke
4) Chronic lower respiratory diseases
5) Alzheimer's disease
6) Unintentional injuries
7) Diabetes
8) Influenza and pneumonia
9) Kidney disease
10) Hypertension
<table>
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<th>Do You Know the Difference?</th>
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<td><strong>Heart Attack</strong></td>
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<td>What is a heart attack?</td>
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<td>What are the signs?</td>
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Fact: Heart disease kills six times as many women as breast cancer.

Source: Mayo Clinic
Causes of Heart Disease/Stroke

- Damaged arteries
- Plaque build up
- Hardening and narrowing of the arteries
- Fatty deposits
- Blood clots
- Atherosclerosis

Here’s the good news… Lifestyle changes can significantly decrease your risk for heart disease and stroke!
Recognizing Heart Attacks

Signs of a Heart Attack:

- Chest discomfort/pressure or discomfort/pressure in other areas of the upper body; radiating pain in the arm, jaw, neck or back
- Shortness of breath
- Breaking out in a cold sweat
- Lightheadedness
- Nausea or vomiting
Symptoms for Women

- Women more often feel intuitively that something is wrong
- Women tend to get the less common symptoms like:
  - Nausea
  - Vomiting
  - Jaw pain
- More common signs they tend to experience are:
  - Shortness of breath
  - Back pain
Risk Factors

**Uncontrollable Risk Factors**

- Age: > 55 years old
- Race
- Family history

**Controllable Risk Factors**

- Smoking
- Alcohol use
- Diet
- Weight
- Diabetes
- Activity/exercise
- Cholesterol levels
- Blood pressure
Seven Steps to a Healthier You

1. Know your numbers:
   • Cholesterol (LDL, HDL, Triglycerides)
   • Blood pressure
   • Glucose
2. Maintain a healthy weight
3. Stay physically active
4. Manage stress
5. Avoid tobacco use
6. Limit alcohol use
7. Eat healthy
Health in Your 20’s & 30’s

**Annual Exams**

- Vaccinations: flu, whooping cough, tetanus booster (every 10 years)
- HPV - if you are under 26
- Screenings for STD’s, blood pressure, type 2 diabetes, cholesterol and cervical cancer

**Best Practices**

- Establish a relationship with your doctors (primary and gynecologist)
- Discuss family planning with your doctor
- Maintain healthy eating, exercise, sleep and stress management habits
Health in Your 40’s & 50’s

Annual Exams

• Vaccinations: flu shot and tetanus booster (every 10 years)
• Screenings for STD’s, blood pressure, cholesterol, type 2 diabetes, cervical cancer, breast cancer (age 40), colon cancer (age 45)

Best Practices

• Maintaining a healthy weight by eating healthy and exercising
  • Cardiovascular risk factors increase
  • Metabolism slows down
• Talk to your doctor about menopause
Health in Your 60’s+

Annual Exams

• Vaccinations: flu shot and tetanus booster (every 10 years), shingles (60) and pneumonia (65)
• Screenings for STD’s, blood pressure, cholesterol, type 2 diabetes, cervical cancer, breast cancer, colon cancer, osteoporosis (65)

Best Practices

• Practice mental fitness and brain exercises
• Stay active and exercise to build strength - helps with chronic conditions such as arthritis and osteoporosis
• Focus on your emotional and social well being
Cancer Prevention

1. **Avoid** smoking/second-hand smoke
2. **Practice** safe sex
3. **Get** regular pap smears
4. **Say** “no thanks” to alcohol
5. **Eat** a low-fat, healthy diet
6. **Protect** yourself from the sun
7. **Maintain** a healthy body weight
8. **Know** your family history of cancer
9. **Move** more, sit less!
Myths of Breast Cancer

- Most women with breast cancer have a family history
- Mammograms do more harm than good
- Once you’re diagnosed with breast cancer, decisions need to be made very quickly
- I’m too young or too old
- Small lumps are rarely cancerous
Osteoporosis

- One out of every two women aged 50 and older will have an osteoporosis-related fracture in their lifetime
- It’s characterized by low bone-mineral density (BMD)
- Twenty percent of senior citizens who suffer a hip fracture die within a year of fracture; 20 percent of individuals with a hip fracture end up in a nursing home within one year
- 300,000 hospitalizations/year are related to osteoporosis
- Direct care costs $18 billion/year
- Osteoporosis decreases functional capacity
Osteoporosis Prevention

• Prior to age 25, we are building bone mineral density
• After age 25, we need to work to maintain or improve bone mineral density
• Exercise helps prevent osteoporosis:
  • 30 minutes of weight-bearing exercise, three times a week
  • Physical activity reduces the risk of bone-breaking falls by 25%
  • Aerobic exercise includes walking, running, cycling
  • Resistance exercises are those involving weight training
### Osteoporosis Prevention - Nutrition

#### Food sources of calcium:

- Cheese
- Milk
- Yogurt
- Fortified juices
- Canned fish with edible bones
- Dark leafy greens
- Seeds: sesame, chia

#### Recommended calcium intake mgs/day:

- Birth-6 months: 210
- 6 months-1 year: 270
- 1-3 years: 500
- 4-8 years: 800
- 9-18 years: 1300
- 19-50 years: 1000
- 51+ years: 1200
Behaviors to Avoid

- Drinking caffeinated beverages
- Smoking
- Drinking alcohol (limit to no more than 1 drink/day for women)
- Yo-yo dieting
- Over-working/burnout
- Extreme caregiving
Menopause

Risks and Symptoms

• Decrease in estrogen puts you at greater risk for bone loss and osteoporosis
• Increases risk of heart disease
• Episodes of hot flashes, mood swings, memory problems and difficulty sleeping are common

Recommended calcium intake mgs/day:

• Eat a healthy diet, control your weight
• Get enough calcium and vitamin D
• Get plenty of exercise
• Avoid smoking
• Control your blood pressure and cholesterol
• Consider hormone therapy
Webinar Feedback Survey

Please scan the QR code to fill out the evaluation survey!

THANK YOU!
Training, resources, and support are always @YourService!