

Women's

Summer 2008

HEALTH RESOURCE

Exercise alone cuts heart disease risk

Women who are overweight or obese could cut their risk of heart disease with just regular exercise. That's the finding of a study in the April issue of *Archives of Internal Medicine*.

The researchers analyzed data from the nearly 39,000

participants in the Women's Health Study. Included were women who were 45 or older, and who were free from cardiovascular disease and cancer at the start of the analysis.

After an average of about 11 years of follow-up, 948 women had had a heart attack,

open heart surgery or angioplasty, or had died due to heart disease.

However, women who were physically active reduced their chance of heart disease by 18 percent compared to those who did not exercise regularly. Those who walked at least four hours a week had a 35 percent less chance than those who did not walk at all.

The authors noted that most Americans fail to get the Surgeon General's recommended amount of exercise — 30 minutes of moderate-intensity activity five days a week, or 20 minutes of vigorous-intensity activity three days a week.



Ultrasound gets mixed results

An ultrasound test combined with a mammogram was found to pick up more breast cancer in women who have dense breasts, according to a study reported in the May issue of the *Journal of the American Medical Association*. But dual procedures also picked up more false-positive findings — results that led to a biopsy with a finding of no cancer.

Ultrasound added to a routine mammogram found 28 percent more cancer than mammography alone. However, there were four times more false-positives.

The three-year nationwide study looked at about 2,800 women who had an increased risk of breast cancer because of dense breast tissue. Forty-one cancers were found; 12 with ultrasound alone. The cancer detection rate increased from 7.6 per 1,000 women screened with mammography alone, to 11.8 cancers per 1,000 women screened with both mammography and ultrasound.

More than half of women 50 and younger have dense breast tissue, as do about a third of older women, the researchers noted. They also noted that dense breast tissue may make it more difficult for mammography to pick up small cancers.

"The increased chances of some women having to go through additional tests because of a false-positive result from adding a breast ultrasound need to be weighed against the benefit of finding additional cancers," said Maria Pilar Martinez, M.D., director of women's imaging at Baptist Outpatient Services. "A woman with

dense breasts should discuss this option with her doctor, and then decide for herself what's best."

Baptist Health offers digital mammography and breast ultrasound as well as breast MRI (recommended for some women at high risk for breast cancer) at its outpatient diagnostic centers and hospitals. Call 786-573-6000 for an appointment. A doctor's prescription is required.

SPAVelous

A day for women



Psychologist Kaia Calbeck, Ph.D., addresses an audience about the differences between how men and women communicate at South Miami Hospital's SPAvelous event in May. About 1,000 people, mostly women, came to the hospital for the free spa-themed event, which also offered women mini consultations with dermatologists, plastic surgeons, podiatrists and vein specialists, as well as chair massages, body fat analysis and information about women's and infants' services provided at the hospital. The event was hosted by South Miami Hospital's Center for Women and Infants.

About Our Services

Women's Health Resource Center is a not-for-profit service of Baptist Health South Florida. Our support groups and referral services are free; there is a nominal fee for most other programs. The Center is located on the first floor of Baptist Medical Arts Building, 8950 North Kendall Drive. There is convenient free parking in an adjacent garage. For more information, call 786-596-5981 from 9 a.m. to 5 p.m.

weekdays. The Center coordinates women's health programs at Baptist, South Miami, Doctors, Homestead and Mariners Hospitals, as well as at our Baptist Medical Plaza Health Resource Centers. If you'd like to be added to our mailing list to receive this newsletter, or if you'd like to be removed from our mailing list, please call 786-596-5981. Or sign up for e-News or podcasts in English or Spanish at www.baptisthealth.net.



WOMEN'S HEALTH RESOURCE CENTER PROGRAMS

The following programs are planned this summer by Women's Health Resource Center. **There is a \$5 fee for most of our programs (unless otherwise indicated). Registration is required and payment guarantees your space in the program.** Payment may be made by personal check payable to Baptist Health or by credit card. Just call **786-596-3812** (unless otherwise noted) from 9 a.m. to 5 p.m., Monday-Friday. (From outside Miami-Dade County, call **800-535-1569**.) Any registration fee will be refunded in full if the cancellation notice is received at least 72 hours prior to the program. Check out our calendar at www.baptisthealth.net.

JULY, AUGUST & SEPTEMBER

WOMEN'S HEALTH RESOURCE CENTER

8950 North Kendall Drive, Suite 105

Are You a Good Candidate for Lasik Eye Surgery? Tues., July 15, 7-8 p.m., ophthalmologist Charles Kaiser, M.D. Fee \$5.

(In Spanish) How to Keep Your Brain Sharp and Youthful, Wed., July 30, 7-8 p.m., neurologist Alvaro Lacayo, M.D. Fee \$5. Call **786-596-3814**.

Small Fixes, Big Results: What's New in the Dermatologist's Office? Tues., Aug. 5, 7-8 p.m., dermatologist Deborah Longwill, D.O. Fee \$5.

Need to Gain Weight? Healthy Eating that Puts on the Pounds, Mon., Sept., 29, 7-8 p.m., registered clinical dietitian Susan Nowrouzi. Fee \$5.

Don't Die for Love: Stop Domestic Violence. A bilingual domestic abuse counselor from Safespace South is available to help women who are being physically, emotionally or sexually abused in the home. Fridays, Aug. 1 & Sept. 5, 11 a.m.-2 p.m. Call **786-596-5981**. Free.

Support Groups

Resolve, a support group for those experiencing infertility, Mondays, July 21, Aug. 18 & Sept. 15, 7-8 p.m.

Your Bosom Buddies, a breast cancer support group, Thursdays, July 17, Aug. 21 & Sept. 18, 7-8:30 p.m.

The ParkOptimists, a support group for those with Parkinson's disease, Fridays, July 11, Aug. 8 & Sept. 12, 7-8 p.m.

Breast-feeding Discussion Group, provides education and support for breast-feeding mothers before and after delivery. First and third Wednesday of every month, 10-11:30 a.m.

BAPTIST MEDICAL PLAZA AT DORAL

9915 NW 41 Street, Suite 210

(In Spanish) Faith and Healing: The Power of Prayer, Wed., July 16, 7-8 p.m., Chaplain Jessie Perez. Free. Call **786-596-3814**.

COPD (Chronic Obstructive Pulmonary Disease): Get the Facts, Mon., July 28, 7-8 p.m., pulmonologist Javier Perez-Fernandez, M.D. Fee \$5.

(In Spanish) Feet for Life: Common Foot Problems, Wed., Aug. 6, 7-8 p.m., podiatrist Monica Andres, DPM. Fee \$5. Call **786-596-3814**.

Prostate Health: Get the Facts, Tues., Aug. 19, 7-8 p.m., urologists Darren Bruck, M.D., & Martin Madorsky, M.D. Fee \$5.

Total Knee and Hip Replacement, Tues., Sept. 9, 7-8 p.m., orthopedic surgeon Francisco Borja, M.D. Fee \$5.

(In Spanish) Loud and Clear: Solutions for Hearing Loss, Wed., Sept. 24, 7-8 p.m., otolaryngologist Alberto Fernandez, M.D. Fee \$5. Call **786-596-3814**.

BAPTIST MEDICAL PLAZA AT WESTCHESTER

8820 Bird Road, Suite 400

(In Spanish) Preparing for a Positive Retirement, Thurs., July 24, 7-8 p.m., licensed clinical social worker Ana Padilla. Fee \$5. Call **786-596-3814**.

Cultivate Confidence: Supersize Your Self-esteem in Any Situation, Thurs., July 31, 7-8 p.m., psychologist Kaia Calbeck, Ph.D. Fee \$5.

(In Spanish) The Ups and Downs of Pelvic Prolapse, Thurs., Aug. 7, 10:30-11:30 a.m., gynecologist Jaime Sepulveda-Toro, M.D. Fee \$5. Call **786-596-3814**.

Introduction to Mindfulness-based Stress Reduction Program, Wed., Aug. 27, 7-8 p.m., instructor Patricia Isis, Ph.D. Free.

Exercise: A Healthy Habit to Start at Any Age, Wed., Sept. 3, 10:30-11:30 a.m., exercise physiologist Scott Saxon. Fee \$5.

(In Spanish) Strike Back Against Stroke, Tues., Sept. 16, 7-8 p.m., neurologist Jorge L. Pardo, M.D. Free. Call **786-596-3814**.

BAPTIST HEALTH RESOURCE CENTER AT INFORMED FAMILIES

2490 Coral Way, Second Floor

Changing Your Future by Changing Your Past: The Role of Memory, Tues., July 8, 7-8 p.m., psychologist Albert Zbik, Ph.D. Fee \$5.

(In Spanish) Tummy Troubles: Living with a Digestive Disorder, Wed., July 23, 7-8 p.m., gastroenterologist Eduardo Ruan, M.D. Fee \$5. Call **786-596-3814**.

(In Spanish) Incontinence: The Latest Treatment Options, Fri., Aug. 1, 1-2 p.m., urologist Luis Gonzalez-Serva, M.D. Fee \$5. Call **786-596-3814**.

Facial Cosmetic Procedures: What Can They Do for You? Wed., Aug. 20, 7-8 p.m., cosmetic surgeon Andres Bustillo Lopez, M.D. Fee \$5.

(In Spanish) The Latest Treatment Options for Glaucoma, Fri., Sept. 5, 1-2 p.m., ophthalmologist Lourdes Casuso, M.D. Fee \$5. Call **786-596-3814**.

DOCTORS HOSPITAL

5000 University Drive, Coral Gables

Support Groups

Gynecological Cancer Support Group. A free group for women. Tues., Sept. 16, 5-6:30 p.m., Doctors Hospital, 2nd floor, conference room. For information and registration, call **786-308-3824**.

ONGOING PROGRAMS

Osteoporosis screening available by appointment. Fee \$15. Call **786-596-3812** for available dates and locations.

Volunteers wanted.

Are you interested in helping support Baptist Health's community health and wellness programs through our volunteer program? Volunteers are needed to help with daytime and evening programs. For more information, call **786-596-5981**.

Women's Advisory Council

Mona Ignatz Adams, Barbara Caley, Mikki Futernick, Sandra Gonzalez-Levy, Tiffany Zientz Heckler, Claudia Kitchens, Precious Knox, Mary Lynch, Bonnie Mayer, Laura Morilla, Rosa Naccarato, Robin Palomares, Ann Pope, Jana Sigars-Malina, Charlotte Stoker, Ruth Tart, Carol Williamson

Baptist Health South Florida

Women's Health Resource Center ■ Baptist Medical Arts Building
8950 North Kendall Drive, Suite 105 ■ Miami, FL 33176-2197

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