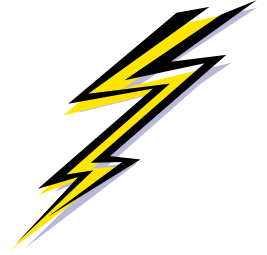




# HOT FLASHES



Newsletter of the Women's Mid-Life Health Centre of Saskatchewan

Winter 2008/2009 Edition

## Are You Ready for a Change?

By Barb Maduck, President/Owner of *Partners In Fitness*

There are six transtheoretical stages which can be applied when approaching change.

For example, one may be considering a job change or making a commitment to a wellness program. To ensure success, it is important to recognize your present stage in order to move forward. Following are the six stages to help assist you with success for your new adventure.

1. **Pre-contemplation:** In this stage you may not acknowledge a problem; and have little or no intention of change. If you find yourself fitting into this stage, some suggestions are:
  - Talk to friends or family members who have made lifestyle changes
  - Read a book about people who have changed their exercise or eating habits
  - Subscribe to a health & fitness magazine
  - Have a medical exam
2. **Contemplation:** You acknowledge that you want to start exercising or change your eating habits because you are not happy with your present lifestyle. This stage feels good because you have made a vague commitment to a change happening sometime in the future. You are aware of the problem but are not focusing on the solution. Most of us in our day to day lives are in the contemplation stage.
3. **Preparation:** When you think about it, you will realize that most of your greatest accomplishments have been a result of hard work. Many successful people live by the '4 P Rule'.... "**P**oor **P**lanning leads to **P**retty **P**oor results." This is the stage that is most overlooked. Many people go through the pre-contemplation to the contemplation stage and then take action. Whereas those that have been most successful at permanently changing their eating and exercise habits have taken the time to plan exactly how they were going to accomplish their goals.

4. **Action:** The action stage requires the most time and energy, both physical and mental and is often filled with mixed emotions. For example, you will be excited as you experience feelings of success after completing a workout but you may feel frustrated by the people and events around you that compete for your time and energy.
5. **Maintenance:** This stage may last for months or years. The maintenance stage requires intense patience and perseverance. A conscious effort must be made to maintain a healthy lifestyle.
6. **Termination:** You will know when you have reached the termination stage because you no longer feel tempted to resume your old, unhealthy behaviours. Situations that would have been a problem in the past no longer threaten you.

Identifying and understanding these stages in your life will help guarantee your success in dealing with change and helping you focus on implementing these goals in your new wellness adventure.

## Women's Health Dinner and Art Auction

**On April 4, 2009,** join us for this very important fundraising event – a beautiful evening featuring the highly desirable works of Canadian and Saskatchewan artists for auction.

Tickets are available (\$100.00 each) by calling Naomi at 978-3888.



---

# A Balancing Act

By Donnelly Morris, RD

With the winter season upon us, and the holiday season behind us we have enjoyed many of our favorite foods and goodies. Unfortunately, winter is also a time where we become less active. Whether it is due to the cold, or just the busyness of the season, physical activity is often the first thing to go. Is there a way to balance the tendency to overeat with the decrease in physical activity during the winter months? It can be done with a little more awareness when we are eating and when we are cooking.

It is still important to be aware of your portion sizes. Just because you are eating smarter, does not mean you can eat more. Here are a few tips and tricks to making recipes healthier without sacrificing taste.

Be “fat smart”. Choose recipes that contain unsaturated fats (canola oil, olive oil, etc) and avoid recipes that contain saturated and trans fats (butter, lard, etc). If you are not sure about the types of fats, check the label.

Often you can reduce the amount of fat with minimal affect. For example, when sautéing onions and garlic you can get the same result with 1 tbsp of vegetable oil in a non-stick skillet as you could with 2 tbsp of oil. That can save you almost 70 calories! Cooking sprays can also help with reducing the fat.

You can reduce the fat in baked goods by substituting oil, butter or margarine with unsweetened applesauce. Start by substituting a third of the fat with applesauce. If that works, next time try a little more. You can usually substitute almost all of the fat with applesauce depending on the recipe.

Another substitution to try is replacing butter or margarine with low fat cream cheese. For example, instead of adding butter to mash your potatoes, adding a little bit of low-fat cream cheese will add a nice flavor and a creaminess that rivals butter. It is also delicious on pasta and can be used instead of making high fat cream sauces.

Take advantage of other low-fat ingredients. Use 1% or skim milk instead of 2% or whole milk. Try using egg substitutes instead of eggs for cooking and baking. Low-fat plain yogurt can make an excellent substitution for sour cream and in sour cream based dips.

When it comes to baking, many recipes contain a lot of sugar. Many times you can just reduce the sugar a little without making a difference. If that is not possible, try sugar substitutes specially created for baking. While it sometimes does not bake up the same as recipes with regular sugar, you can save plenty of calories. One thing to note; if you substitute the fat in a recipe for applesauce, it will add a bit of sweetness, allowing you to reduce the sugar content.

Here is an example of a recipe substitution. The following is the original recipe:

## Brownies

1 ½ cups all-purpose flour  
1 tsp salt  
2 cups granulated sugar  
½ cup unsweetened cocoa  
2 tsp vanilla  
1 cup oil  
4 eggs  
½ cup water

Preheat oven to 350°F. In a large bowl, mix all of the ingredients in the order they are listed. Pour into a greased 9” x 12” pan. Bake for 25 – 30 minutes or until a toothpick inserted in the centre comes out clean. Makes 20 brownies.

*Nutritional Information per serving: 231 kcal, 13g fat, 3g protein, 29g carbohydrate, 20g sugar, 1g fibre.*

Now the modified recipe:

## Brownies

1 ½ cups all-purpose flour  
1 tsp salt  
1 cup granulated sugar  
½ cup low calorie sweetener for baking  
½ cup unsweetened cocoa  
2 tsp vanilla  
½ cup oil  
½ cup unsweetened applesauce  
1 cup egg substitute (equivalent to 4 eggs)  
½ cup water

Preheat oven to 350°F. In a large bowl, mix all of the ingredients in the order they are listed. Pour into a greased 9” x 12” pan. Bake for 25 – 30 minutes or until a toothpick inserted in the centre comes out clean. Makes 20 brownies.

*Nutritional Information per serving: 144 kcal, 6g fat, 3g protein, 20g carbohydrate, 11g sugar, 1g fibre.*

You can save almost 100 calories, 7g fat and 10g of sugar per brownie with these simple recipe substitutions. No one will know the difference!

To see how your recipes measure up, try the Recipe Analyzer at [www.dietitians.ca](http://www.dietitians.ca) under the “Eat Well, Live Well” section! It also includes more tips on making your recipes healthier.

---

**In the next issue of “Hot Flashes” ...“Pearls from the North American Menopause Society Conference”**

---

# Counting Sheep

By Shveta Suryavanshi, M.D., Menopause Practitioner, WOMEN'S MID-LIFE HEALTH CENTRE

Of all the things we do on regular basis, sleeping is one of the most extraordinary and least appreciated. Sleep time is crucial for psychological and physiological development and for boosting our immune system.

## How much do I need?

Sleep is considered adequate if one can function in an alert state during waking hours. Most adults need between 6-9 hours per night.

Poor sleep - inadequate **quantity** or poor **quality**, is associated with decreased performance, memory and mood changes. Sleep deprivation for about a week can produce fibromyalgia like symptoms.

## What is Insomnia?

Insomnia can include difficulty falling asleep, the inability to stay asleep through the night or premature awakening without being able to resume sleep. Transient or short term (from a few days to 3-4 weeks) sleep changes can accompany acute emotional life situations or environmental changes.

Chronic or persistent insomnia is defined as interrupted sleep for at least three nights per week for a month or longer. People suffering from chronic insomnia may benefit from medical intervention.

## What happens to sleep with age?

Reports of insomnia increase as women make the transition through midlife.

- Decrease in amount of sleep needed
- Sleep becomes lighter
- Sleep phases change with falling asleep earlier and waking earlier
- Difficulty in maintaining sleep

## What causes disrupted sleep?

Hormonal changes along with significant life challenges in this phase of life add to the problem. Stress and insomnia are closely linked. Unlike your menstrual cycle, life stresses do not come to an end in this phase of life - job related stress, divorce or death of your life partner, care giving for an older family member, kids leaving home or sleeping next to a snoring partner.

Night sweats can cause repeated awakenings with difficulty falling back to sleep.

On top of that, the development of chronic illnesses like arthritis, urinary incontinence, thyroid disorders and restless leg syndrome can all contribute collectively to poor sleep.

A serious but less known cause is Sleep Related Breathing Disorder or **sleep apnea**. It tends to be more common in post menopause due to changes in body habits and hormones.

## Typical symptoms of Sleep Apnea

- Snoring
- Interrupted breathing during sleep
- Excessive daytime sleepiness.

Women are unique in this as we don't present the typical symptoms. Some symptoms may present only as morning headaches, fatigue, mood changes or uncontrolled blood pressure.

This fall, Dr. Adam Moscovitch, a world renowned sleep specialist from the Canadian Sleep Institute spoke at our fall forum - Sleepless in Saskatoon. He informed us about his institute in Calgary and Ontario ([www.csisleep.com](http://www.csisleep.com)) and provided us with some information about sleep strategies. Dr. Mark Fenton from Saskatoon provided information about our local resources. Sleep apnea assessments are available through the Saskatoon Health Region. Sleep information and assessments are also available through the Saskatchewan Lung Association and privately through Associated Sleep Services here in Saskatoon.

## Tips to help you sleep

- Keep a regular schedule, going to bed and getting up at the same time.
- Exercise regularly in the morning or early afternoon. Don't exercise immediately before going to bed.
- Never go to sleep worrying, set aside few minutes to write down your thoughts & what you can do about them.
- Avoid caffeine (coffee, teas, colas, and chocolate) after 2 p.m. (Our body takes about 7 hrs to clear it and if you have too much in the morning its cumulative effect stays longer).
- Avoid alcohol late in the evening as it disrupts sleep with frequent awakenings.
- Power Naps (15-30 minutes) in the afternoon may help if you tire easily.
- Don't keep looking at the clock if you can't sleep. Turn your clock to the wall and trust the alarm to ring on time.
- Above all don't try too hard. If you can't sleep, leave the bedroom to read, meditate, knit, or do a jigsaw puzzle.

Talk to your doctor about sleep hygiene and possible medication options.

A flock of sheep that leisurely pass by  
one after one; the sound of rain, and bees  
Murmuring; the fall of rivers, winds and seas,  
Smooth fields, white sheets of water, and pure sky; -

I have thought of all by turns, & still I lie  
Sleepless;

**To Sleep by William Wordsworth**

---

## On the Road Again!!

By Sarah Nixon-Jackle, RN, BScN

Dr. Vicki Holmes and I were pleased to be invited to participate in the 1<sup>st</sup> Annual Women's Wellness Conference hosted by the Birch Narrows Wellness Centre on November 9th.

We travelled to Turnor Lake where we met with approximately 50 women. We presented on the topics of menopause, osteoporosis, metabolic syndrome, heart health, memory and mental well-being. Here is a snapshot of this awesome group of women, interested in doing all they can to promote good health for themselves and their families.

Also, on December 5, I was invited and was able to present mid-life health topics at the Women's Health Centre Conference in Fort Qu'Appelle. Approximately 100 women attended this full day conference hosted by the File Hills Qu'Appelle Tribal Council Health Services and the All Nations Healing Hospital.

We feel very honoured to be included in these conferences where women meet to learn and discuss their options for healthy living. In doing so, we meet wonderful people, share ideas and are getting to see more of our beautiful province.



Sarah Nixon-Jackle (L) and Dr. Vicki Holmes (R) with participants at the 1st Annual Women's Wellness Conference, Turnor Lake

---

## Cold Nights – Hot Rewards

By Sarah Nixon-Jackle, RN, BScN

Hot Drinks: rich in flavour, not calories.

On these cold winter days and evenings, a hot drink is just the right reward for surviving the frigid temperatures, prairie winds and icy streets.....

I enjoy the fancy hot drinks that summon feelings of comfort and repose...but, was I surprised when I checked the nutritional content of some of those enticing names! I was amazed at the number of calories in one beverage!

Some examples:

- Starbucks White Hot Chocolate, grande (16 oz), 2% milk, whip cream top = 490 calories
- Tim Hortons Candy Cane Hot Chocolate = 330 calories
- Starbucks Tazo Chai Tea Latte, tall, 2% = 150 calories

It should be no surprise now to discover why my waist band is fitting a bit more snugly!

A few simple changes to the order can give the flavourful treat you are seeking, but with less harm to the hips!

- Starbucks White Hot Chocolate, tall (12 oz), non-fat milk, no whip cream = 270 calories
- Tim Hortons regular Hot Chocolate = 220 calories
- Tim Hortons Steeped Tea = 75 calories

The nutritional value of seasonal beverage treats is available on line. Check out your options so you can still enjoy your treat, but change it up a bit to get fewer calories and fats. And remember, spring and summer delicious cold beverages are just around the corner!

[www.starbucks.com/retail/nutrition\\_beverages.asp](http://www.starbucks.com/retail/nutrition_beverages.asp)

[www.timhortons.com/en/menu/nutrition-calculator.html](http://www.timhortons.com/en/menu/nutrition-calculator.html)



---

# New Year's Resolutions and Lifestyle Changes

By Mimi Lodoen, *In motion* consultant

According to Wikipedia, “a *New Year's Resolution* is a commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous.”

Often people wait until January 1 to make those big changes in their life and they do so without the proper planning in place. It comes as no surprise that the top 5 New Year's resolutions include spending more time with family and friends, wanting to “get in shape”, losing weight, quitting smoking or enjoying life more. Here are some tips for success that might help you keep those New Year's Resolutions:

## **# 1 Spend more time with family and friends**

- Make a list of all those people you want to spend more time with. Include family (parents, siblings, children, grandchildren, etc.)
- Determine how much time you can squeeze into your schedule each week or month. Can you dedicate one or two hours a week to accomplish this?
- Once you have determined this, block off those times in your calendar.
- Start slotting in people you want to see but haven't been able to find the time. Even if it's making a phone call – allow yourself enough time to have a really good conversation with them.
- Make appointments with these people and plan what you will do, i.e. have them over for dinner, go out for coffee, go to a movie or play or maybe you'd like to spend time with your grandchildren at their school, take them swimming or for a walk.

## **# 2 Be more physically fit**

- Start by assessing your current physical fitness: Are you currently active, but not seeing the results you'd like? Do you want to lose weight, gain muscle, or start yoga? Has your doctor made suggestions of how much activity you need to incorporate to see those health benefits?
- Make a plan on where and what you will do.
- Set goals and make them realistic.
- See a personal trainer if that will help you stay motivated.

## **# 3 Lose weight**

- Losing weight is easier for some than others. It's all about balancing your intake (the food you eat) with your output (how much exercise you do).
- Learn about what types of foods you should be eating, increase fruits and vegetables and decrease high fat or high carbohydrate foods
- Increase your activity levels.
- Incorporate active living into your daily life – take the stairs, walk whenever possible.

## **# 4 Quit smoking**

- Smoking is a habit that is not easy to break but combined with other lifestyle changes you can start to see success.
- Replace smoking with something else – walking, munching on fruits or vegetables, or other activities that you enjoy.

## **# 5 Enjoy life more**

- Enjoying your life is a personal choice.
- Include something you love everyday, whether it's reading a book, taking a walk, or spending time with a loved one.
- Surround yourself by positive people and positive activities.
- Make a conscious effort to enjoy each and every day.

Try to take the focus out of the January 1<sup>st</sup> deadline for New Year's Resolutions and think daily about your lifestyle choices. If you take small steps in achieving your goals, you will begin to see huge results.



---

# Breaking Barriers, Not Bones

***Breaking Barriers, Not Bones: 2008 National Report Card on Osteoporosis Care*** was released on Monday, November 24, 2008.

The report assesses and grades Canadians' access to publicly-funded Bone Mineral Density (BMD) testing and medications, two critical components of appropriate care for individuals living with osteoporosis. The report reveals that access to BMD testing and medication is far from adequate.

- Access to BMD testing was based on the number of publicly funded BMD tests provided in provinces from April, 2006 to March 31, 2007.
- Access to treatment was based on formulary access to medications by region as of December 31, 2007.

**Saskatchewan rated F, failing grade, with respect to access to BMD testing and a C grade for access to medications.**

In Canada, one in four women and at least one in eight men over the age of 50 have osteoporosis and it is estimated that as many as two million Canadians may be at risk of osteoporotic fractures during their lifetime. As the population ages, these numbers are expected to increase.

Osteoporosis Canada is a national organization committed to helping individuals reduce their risk of fracture and to ensuring that all Canadians have access to the best diagnosis and treatment available.

It is hoped that the information presented in the ***Breaking Barriers, Not Bones*** report will provide provincial organizations and individuals with an effective tool to advocate for better patient access to diagnosis, treatment and education.

The full report is featured on Osteoporosis Canada's website along with a link to the exclusive television interview by CTV's Dr. Marla Shapiro (Canada AM).

Please visit [www.osteoporosis.ca](http://www.osteoporosis.ca) for more information.



## Overactive Bladder?

Dr. Annette Epp is conducting a research study involving participants with an overactive bladder.

You can participate if you:

- are 18 years of age or older
- have symptoms of overactive bladder, urinate frequently (at least 8 times a day and awake at night), have a strong and sudden urge to urinate which is difficult to control or experience frequent wetting episodes.

Study participants will be treated either with the study medications or a placebo.

If you or someone you know is interested in participating please contact the study coordinator – Corinne Riley (306) 653-5970.

---

## Ongoing

### Bone Strength Assessments

The Women's Mid-life Health Centre offers wrist/tibia ultrasound bone strength screening assessments. You will receive a copy of your test results, will learn about your personal risk for osteoporosis, and receive information about prevention and treatment for healthy bones.

**How to Book your appointment:** We are not funded by the health care system and count on the generosity of donors. We ask for a donation of \$50.00 (a tax receipt will be issued for the full amount). Donations will be used to expand programming at the Centre. No one will be turned away for inability to make a donation.

**Contact Sarah for your appointment at 978-3886.**



227–230 Avenue R South, Saskatoon SK S7M 2Z1  
P: (306) 978-3888 E: [info@menopausecentre.org](mailto:info@menopausecentre.org)  
F: (306) 978-7801 W: [www.menopausecentre.org](http://www.menopausecentre.org)

*Opinions expressed in this newsletter are those of the authors and do not necessarily reflect the views of the Women's Mid-Life Health Centre of Saskatchewan.*  
**ISSN 1705-9593 (Print) ISSN 1705-9607 (Online)**