January—April 2005

Every Woman Matters

Nebraska Office of Women's Health

Volume 1, Issue 1

Healthy Ways...Healthy Days

Growing Together

Once upon a time there was a little grape stem. She was so glad to be alive. She drank water and minerals from the soil and grew and grew. She was young and strong and could manage quite well… All By Herself.

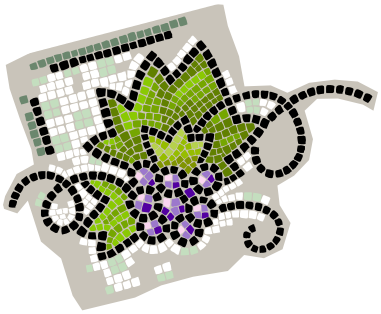
But the wind was cruel, the rain was harsh, and the snow was not one bit understanding. The little grape stem experienced pain. She drooped, weak and suffering. "It would be so easy to stop trying to grow, to stop trying to live," thought the little stem. She felt poorly. The winter was long, and she was weary. But then the little stem heard a voice. It was another grape stem calling out to her. "Here, reach out, hang on to me." But the little stem hesitated. *What would this mean?* She wondered. For you see, the little stem had always managed quite well All By Herself.

Then ever so cautiously, she reached out toward the other grape stem. "See, I can help you," it said. "Just wind your tendrils about me, and I will help you lift your head." And the little stem trusted. Suddenly she could stand straight again. The wind came...and the rain...and the snow. But when it came, the little stem was clinging to many other stems. And although the stems were swayed by the wind...and frozen by the snow, they stood strongly united to each other. And in their quiet strength, they could smile and grow.

One day, the little stem said "Here, hang on...I will help you." And another stem reached up to the little grape stem. And together, all the stems grew.

Leaves budded...flowers bloomed...and finally the grapes formed. And the grapes fed many.

Contributed by Leigh Petersen-Varner
EWM Outreach Worker



Welcome to the first issue of the Every Woman Matters client newsletter.

If you would like more information on issues affecting women's health, please visit www.hhss.ne.gov/hew/owh or contact us at every.woman.matters@hhss.ne.gov.

Inside this Issue:

Growing Together	1
Cervical Health & You	2
EWM Pap Test Guidelines	3
Adding Physical Activity: It's Easy!	3
Cancer of the Colon & Rectum	4
Handling Stress	5
Cooked in a Squat	6
Important Points in Goal Setting	6
Goal Setting: The 6 "P"s	7
Are You at Risk for Heart Disease?	8
Good Nutrition	8
Recipes for the New Year	9

Cervical Health & You

Every woman over the age of eighteen or who is sexually active needs to take care of the health of her sexual organs. Just like the heart is an organ that has to be taken care of, so is the cervix, which is the lower portion of the uterus (womb). This article will tell you what tests to ask your doctor about, the risk factors for having an abnormal test, and available treatments.

The Pap test is a simple test where the doctor will take a swab or brush and gather cells from the opening of the cervix and will either place those cells on a glass slide or in liquid.

The pelvic exam is not the same as the Pap test. The pelvic exam is part of a regular exam for a woman's health care. The doctor feels the uterus, the ovaries, and may test for sexually transmitted diseases (STD). The pelvic exam without a Pap test will not find cervical cancer at an early stage and it does not find abnormal cells on the cervix.

The Pap test is the best test to find abnormal cells of the cervix. Over time the cells of the cervix change and the Pap test can detect those changes. Some things that affect the cervix are: smoking cigarettes; having Human Papillomavirus infection; not using condoms properly or every time; having sex at an early age/or having many sexual partners; having sex with a partner who has had many sexual partners; having a history of STDs; and having an immune system that is not working well (e.g. due to poor health). These are also known as risk factors for cervical cancer. The cells of the cervix start to change because of one or more of the risk factors. If the changes are not detected early, the cells can change from healthy cells to cancerous cells over a period of time.

This is why it is so important to get a Pap test. Check with your doctor to find out how often you should have the test.

According to the American College of Obstetricians and Gynecologists, a woman should have the following screenings:

- A Pap test three years after she becomes sexually active,
- A yearly Pap test for a woman between the ages of 21-30.
- A Pap test every 2-3 years for a woman who has had three normal Pap tests after the age of 30, if she has no risk factors.

Here are several things you can do to help the doctor get a better Pap test:

- Schedule your appointment a week after your period

See Every Woman Matters Pap Test Guidelines on Page 3

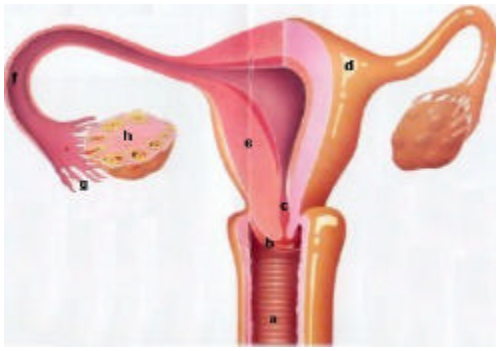
- Do not douche for two days before the test
- Do not have sexual contact for two days before the test
- Do not use tampons, birth control foams, jellies, or other vaginal creams or vaginal medications for two days before the test

Results of the Pap test will either show normal or abnormal cells. If the cells are normal, ask the doctor when you should come back for the next Pap test. If the cells are abnormal the doctor may recommend a colposcopy and a biopsy. A colposcope is a tool that the doctor uses to see your cervix more clearly. It is a magnifying glass with a light in it. The colposcopy does not hurt but sometimes when the biopsy is taken you may feel cramping, slight pressure, or pain. Your doctor may suggest taking a Tylenol or Ibuprofen one hour before the test is to be done.

The biopsy is when the doctor looks through the colposcope and takes a sample of cells from the cervix to send to the laboratory to see if there are abnormal cells deeper in the cervix. This will tell the doctor how to treat the abnormal cells.

Continued on Page 3...

A. Vagina
B. Cervix
C. Cervical canal
D. Bladder
E. Endometrium
F. Fallopian tubes
G. Fimbrae
H. Ovaries



Cervical Health & You, continued

If the results of the biopsy show normal cells, no treatment is needed. If the biopsy shows abnormal cells treatment may be needed. Choices of treatments for abnormal cells are:

- Cryotherapy - a freezing of the abnormal cells
- Laser therapy – a high powered light used to remove abnormal cells
- Cone Biopsy - The area of abnormal cells is removed
- LEEP Biopsy - Very small pieces of the abnormal cells are taken from the cervix

Some of the symptoms of cervical cancer are:

- Irregular bleeding
- Bleeding or pain during sexual contact
- Vaginal discharge

In its early stage, cervical cancer shows no symptoms.

The good news is that most of these symptoms and cancer itself can be prevented if the Pap test is done on a regular basis. Most cancers start with changes in the cells of the cervix.

There are two ways to stop this cancer from forming:

- Avoid the risk factors mentioned above.
- Detect the pre-cancer cells by seeing your doctor for a Pap test on a regular basis.

Sources:

http://www.acog.org/from_home/publications/press_releases/nr07-31-03-1cfm

http://www.cancer.org/docroot/CRI/content/CRI_2_4_2X_Can_cervical_cancer_be_prevented_8.asp

Every Woman Matters Pap Test Guidelines

Do you know that if you have had three (3) normal Pap tests for three (3) years in a row through the Every Woman Matters Program, you may not need a Pap test or you may not be eligible for a Pap test.

- If you are not eligible for a Pap test paid by Every Woman Matters, you might be billed for the Pap test.
- Certain conditions are required in order for Every Woman Matters to pay for your Pap test after the three normal Pap tests.

Discuss this with your doctor or clinic at your annual visit.

Adding Physical Activity: It's Easy

Do you think you are too busy with work, family, and all the other demands in your life to be active? You don't have to be as fit as a professional athlete to benefit from physical activity. In fact, 30 minutes of physical activity on most days of the week can greatly improve your health. An active lifestyle can help every woman. Check out the benefits of being active:

- Helps you handle stress
- Helps control weight
- Gives you more energy
- Helps you sleep better
- Helps keep your bones healthy
- Lowers high blood pressure
- Reduces your risk of dying from heart disease or stroke

It's easy to add 30 minutes of physical activity into your day! Steps you can take to get moving:

- Choose activities that are fun and mix them up so you don't get bored
- Housework may not be fun, but it does get you moving! So does gardening and walking the dog.
- If you can't set aside 30 minutes, do activities throughout the day, such as three, 10 minute walks.
- Create opportunities for activity, such as parking your car further away, taking the stairs instead of the elevator, or walking down the hall to talk to a co-worker instead of using e-mail.
- Be active with a friend or family member. Make time to play with children…..Set a positive example!!

Make activity a part of your day, so it becomes a habit. Physical activity can keep you moving toward a long and healthy life for many years to come!

Source: www.4woman.gov

Cancer of the Colon and Rectum

By Alexander N. Kingsley, *MD, FACS, FASCRS, Fellow3 of the American College of Surgeons, Fellow of the American Society of Colon and Rectal Surgeons*

Colorectal cancer is easily treated for cure if detected in its early stages. Early screening, correct diagnosis, and proper treatment usually lead to a cure in most cases.

Risk Factors

1. Genetics: a family or personal history of colon, breast, uterine, or ovarian cancer
   Or Colon polyps: cancer usually begins as a polyp
   Or Multiple Familial Polyposis Syndrome (MFP)
2. Inflammatory Bowel Disease: Chronic ulcerative colitis or Crohn's Disease
3. Diet: High fat and refined sugars
4. Age: 40 years and older. After age 50, risk of cancer doubles every year
5. Obesity & Sedentary Lifestyle

Screening should begin at age 40 in the general population and earlier in patients at risk. It includes:

- History & physical exams
- Digital rectal examination
- Fecal occult blood test
- Rigid or flexible sigmoidoscopy
- Age 50—all patients should undergo colonoscopy

The basic screening can be easily accomplished by the patient's primary care physician. **Colonoscopy**, however should only be done by an experienced specialist. It is a skill-intensive procedure, which is very safe in experienced hands only. During colonoscopy, polyps can be removed, preventing their deterioration into cancer. Barium Enema x-rays and the newer CT or MRI Virtual Colonoscopy are also used for diagnosis. At present, Colonoscopy is the "gold standard" for screening and diagnosis of colorectal tumors. Virtual Colonoscopy is still unproven but may become a valuable tool in the future.

Diagnosis

Symptoms of Colon Cancer include:

- Bleeding or blood mixed in stools
- Change in characteristic of the stool
- Abdominal pain, cramping, and/or distension

Symptoms of Rectal Cancer may also include:

- Tenesmus (urgency) and a sense of incomplete emptying after a bowel movement
- Mucous discharge
- Perianal pain
- A mass in the rectum
- Fatigue, malaise, weight loss, and bloating may also be present

Treatment of Colon and Rectal Cancer

The principal treatment for Colon and Rectal Cancer is surgery. Radiation and/ or chemotherapy may be added depending on the stage of the cancer. Cancer of the Colon and Rectum is one of the few cancers that can be cured, if diagnosed in its early stage and treated early. Once the cancer is diagnosed, the patient should be managed by a specialist in Colorectal surgery, who will assume the preoperative workup to stage the cancer. This may include Colonoscopy, Chest x-ray, CT scan, and blood tests. Endorectal Ultrasound and PET scans may be used if necessary.

Cancer is staged according to the depth of penetration of the tumor in the bowel wall, involvement of the lymph nodes, and distant metastases. After surgery, the cancer can be staged more accurately, and additional treatment with chemotherapy and/or radiation may be necessary. These are managed by specialists in Chemotherapy and Radiation, respectively.

Follow up should include regular blood tests, colonoscopies, and CT or PET scans as necessary.

Colostomy (bringing the bowel to the skin surface and placing a bag over it), prevalent in the past is **rarely** done today. In the hands of expert surgeons, it is necessary (unavoidable) in less than 2% of patients.

In conclusion, cancer of the colon and rectum is curable **only if** it is diagnosed early and treated correctly. Several studies of the USA, Europe, and Australia have shown that patients had significantly better outcomes in terms of recurrence of cancer and survival when their surgeon was a Board Certified Colon Rectal Specialist. A patient should carefully research the credentials and experience of the surgeon they are considering to perform their operation and not simply rely on the recommendation or referral by their primary care physician. The single greatest variable outcome is undoubtedly in the hands of that surgeon. Ideally, the surgeon should be Board Certified in Surgery as well as Board Certified in Colon Rectal Surgery and have several years of experience in the specialty.

Handling Stress

Day to day it is not uncommon to hear expressions such as “I’m stressed out,” or “I’m under too much stress” (National Mental Health Association (NMHA), 2004).” Though stress can be good (called Eustress) in these cases, we are associating it with a negative feeling. Stress can be physical due to lack of sleep, poor diet, illness, or a schedule that is too demanding. Mental stress can occur when you are experiencing any major life changes whether that is retirement, an extended illness by a family member, or any number of devastating events.

Stressors such as these affect every individual differently. Events or habits, though they may seem small, can be very taxing to one’s emotional and/or physical health. How your body responds can have a temporary positive effect but a lasting negative effect on your immune system. The immune system helps your body to fight infection, disease, and other harmful foreign objects (i.e. a splinter). Though your immune system can be boosted during times of short-term stress, long term stress can weaken your immune system. Dr. Melissa C. Stöppler makes these eight suggestions regarding how to manage your stress:

1. Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial or unimportant, then practice letting go - make a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.

2. Breathe slowly and deeply. Before reacting to the next stressful occurrence, take three deep breaths and release them slowly. If you have a few minutes, try a relaxation technique such as meditation or guided imagery.

3. Whenever you feel overwhelmed by stress, practice speaking more slowly than usual. You'll find that you think more clearly and react more reasonably to stressful situations. Stressed people tend to speak fast and breathlessly; by slowing down your speech you'll also appear less anxious and more in control of any situation.

4. Jump-start an effective time management strategy. Choose one simple thing you have been putting off (e.g. returning a phone call, making a doctor's appointment) and do it immediately. Just taking care of one nagging responsibility can be energizing and can improve your attitude.

5. Get outdoors for a brief break. Our grandparents were right about the healing power of fresh air. Don't be deterred by foul weather or a full schedule.

6. Drink plenty of water and eat small, nutritious snacks. Hunger and dehydration, even before you're aware of them, can provoke aggressiveness and increase feelings of anxiety and stress.

7. Do a quick posture check. Hold your head and shoulders upright and avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress. If you're stuck at a desk most of the day, avoid repetitive strain injuries and sore muscles by making sure your workstation reflects good ergonomic design principles.

8. Plan something rewarding for the end of your stressful day, even if only a relaxing bath or half an hour with a good book. Put aside work, housekeeping or family concerns for a brief period before bedtime and allow yourself to fully relax. Don't spend this time planning tomorrow's schedule or doing chores you didn't get around to during the day. Remember that you need time to recharge and energize yourself - you'll be much better prepared to face another stressful day.

Sources:

Holmes Ph.D., L. (2004) How stress affects the immune system. Mental Health Resources About.com. (On-Line), 9/30/2004. Available: http://mentalhealth.about.com/od/stress/a/stressimmune604.htm

National Mental Health Association. (2004). Stress-Coping with everyday problems. (On-Line), 9/30/2004. Available: http://www.mnha.org/infoctr/factsheets/41.cfm

"The time to relax is when you don't have time for it."

- Author Unkown

"Tension is who you think you should be. Relaxation is who you are."

- Chinese Proverb

Cooked in a Squat

By Zig Ziglar

(Author and speaker Zig Ziglar traveled the world delivering inspiration, motivation, and messages for self-improvement.)

Maude made the best biscuits in my hometown of Yazoo City, Mississippi. Light, flaky, and a mile high, they melted in your mouth and curled your toes with delight. But one day, as she brought a plate of them hot out of the oven, I noticed with dismay that they had not risen. "Maude," I cried, "what happened to your biscuits?"

"Zig," she replied matter-of-factly, "these poor biscuits didn't have any get-up-and-go, so they got cooked in a squat."

I realized years later that Maude had hit upon a metaphor for life. When you wait for things to happen in the outside world before you make a change on the inside, you really do get cooked in a squat.

You know what I mean. You tell yourself that you're going to start something that you've been meaning to do – exercising, pottery class, Bible study, dance lessons, you fill in the blank – as soon as the kids get out of school or the holidays are over or the weather gets warmer… Waiting for outside circumstances to be "perfect" will most likely result in no action. Cooked in a squat.

How do you avoid the fate of Maude's failed biscuits? First, decide what's really important, and what you can live without. Then prioritize those things and set specific goals for achieving them.

For your goals to be effective, you must make them habits. Most people have both a reason and an excuse for doing something: Your reason for exercising might be improved health, while your excuse might be that it's fun and you get to do something for yourself. It doesn't matter which gets you there, as long as you go. And when it becomes a habit, you do it automatically.

One warning: When you make an exception, you break a pattern. For example, you just didn't feel like exercising, so you skipped a workout. You must take care that this "exception" doesn't become your new habit. In other words, don't get "cooked in a squat."

How to set goals:

- Identify goals and write them down.
- List the benefits (refer to them when you're discouraged)
- Specify obstacles
- Describe the skills and knowledge required to be successful
- Cite people, groups, and organizations that can help you
- Create a plan of action
- Set an end date if applicable

Important Points in Goal Setting

Set Performance Goals Not Outcome Goals: This is very important. You should set goals over which you have as much control as possible – there's nothing like failing one of your goals for reasons beyond your control such as bad weather, poor judgment, injury, or just plain bad luck. Goals based on outcomes are easy to fail because of things beyond your control.

If you based your goals on your personal performance or skills or knowledge to be acquired, then you can keep control over the achievement of your goals and draw satisfaction from them.

Set Specific Goals: Set specific measurable goals. If you achieve your measurable goal, then you can be confident and comfortable in its achievement. If you consistently fail to meet a measurable goal, then you can adjust it or look at your reasons for failure and take action to improve your skills.

Set Realistic Goals: Goals can be set too high for the following reasons:

- Other people: (family, media, society) can set unrealistic goals for you, based on what they want.
- Mis-Information: if you do not have a clear, realistic understanding of what you are trying to achieve and of the skills and knowledge to be mastered, it is difficult to set effective and realistic goals.
- Always expecting your best performance: many people base their goals on their best performance, however long ago that was.
- Lack of respect for self: if you do not respect your right to rest, relaxation, and pleasure in life then you risk burnout.

Setting Goals Too Low: Goals can be set too low because of:

Continued on page 7...

Goal Setting: The 6 "P"s

Why is setting goals important? Because goals can help you do, be and experience everything you want in life. Instead of letting life happen to you, goals allow you to make your life happen. The way in which you set goals strongly affects how effective they are. There are six P's of goal setting:

1. POSITIVE: Goals must be stated in positive rather than negative terms. ("I am a neat and organized person," rather than "I am no longer unorganized.")

2. PRESENT TENSE: Goals must be written as though they are happening now or have already happened. The mind only operates in the now. If you create goals in the future tense, your mind will never get there.

3. PERSONAL: Goals must be about you, and under your control, not about someone else.

4. PRECISE: Goals must be clear and describe exactly what you want to do.

5. POSSIBLE: Goals must be realistic and within the realm of possibility to achieve.

6. POWERFUL: Use words that convey action and emotion.

Write these goals and place them where you will see them at least twice a day. If possible, read them aloud and visualize what you are saying. When you are thinking about how to achieve goals, ask the following questions of yourself to help you focus on the smaller goals that may lead to larger goal achievement:

- What skills do I need to achieve this?
- What information or knowledge do I need?
- What help or assistance do I need?
- What resources do I need?
- What can block my progress?
- Am I making any assumptions?
- Is there a better way of doing things?

"If we did all the things we are capable of, we would literally astound ourselves."
- Thomas Edison

"Goals are dreams with deadlines."
- Diana Scharf Hunt

"What you get by achieving your goal is not as important as what you become by achieving your goal."
- Zig Ziglar

Important Points in Goal Setting, continued

- Fear of failure: if you are frightened of failure you will not take the risks needed for optimum performance. As you apply goal setting and see your achievements, your self-confidence should increase, helping you to take bigger risks. Know that failure is a positive thing: it shows you areas where you can improve your skills and performance.
- Taking it too easy: it is easy to take the reasons for not setting goals high as an excuse to set them too low. If you're not prepared to stretch yourself and work hard, then you are extremely unlikely to achieve your goal.

Setting Goals at the Right Level:
Setting goals at the correct level is a skill that is done by practicing. You should set goals so that they are slightly out of your immediate grasp, but not so far that there is no hope of achieving them: no one will put serious effort into achieving a goal that they believe is unrealistic. However, remember that the belief that a goal is unrealistic may be incorrect. Such a belief can be changed by effective use of imagery.

Personal factors such as being tired, other commitments, and the need for rest, etc. should be taken into account when goals are being set.

Take a minute to review some of the goals that you may have set and then measure them against some of the points above. Adjust your goals to meet some of the guidelines and then review them. You should now see the effects of how important goal setting is.

Sources: www.womensmedia.com and www.mindtools.com

Are You at Risk for Heart Disease?

Many women do not take their risk of cardiovascular disease seriously or personally. Anything that increases a woman's chance of getting a disease is called a risk factor. Women often fail to make the connection between risk factors, such as high blood pressure and high cholesterol, and their own chance of developing heart disease. Some risk factors for heart disease, such as age, race, and family history, are out of your control.

There are risk factors you CAN do something about:

High blood pressure (hypertension). Blood vessels become tight and constricted, forcing your heart to pump harder to move blood through your body. These changes cause the blood to press on the vessel walls with greater force. Ask your health care provider to tell you what your blood pressure is and what this means for you. Do not forget to ask how often you need your blood pressure checked.

High blood cholesterol. Cholesterol can build up on the wall of the arteries that carry blood to your heart, slowing down or blocking the flow of blood and oxygen to your heart. Eat foods low in cholesterol and saturated fat. Get 30 minutes of physical activity on most days of the week, and control your weight. Medicines that lower cholesterol may also be needed. Talk with your health care provider about your cholesterol and your prevention plan.

Smoking. Cigarette smoking increases your risk for cardiovascular disease by increasing your blood pressure and decreasing your ability to be active. Smoking also increases LDL (bad) cholesterol and decreases HDL (good) cholesterol. Don't smoke or quit if you do. Ask your health care provider for tobacco cessation assistance.

Being Overweight. Overweight women are more likely to develop heart-related problems even if they have no other risk factors. Being overweight increases the chances of developing other risk factors, including high blood pressure, high blood cholesterol and diabetes. Get at least 30 minutes of physical activity on most days of the week and eat healthy by including plenty of whole grain products, fruits, and vegetables in your diet. Talk with your health care provider about a heart-healthy plan for you.

Lack of Physical Activity. Physical inactivity adds directly to heart-related problems and increases the chances of developing other risk factors. Again, get at least 30 minutes of physical activity on most days of the week.

Diabetes. Diabetes raises the risk of heart disease. About 75% of people with diabetes die from some type of cardiovascular disease. Diabetic women are more likely to have high blood pressure and high cholesterol. Talk with your health care provider about screening and prevention for diabetes.

Heart disease is not just a man's disease-it's the #1 killer of women. Take steps to be heart healthy and reduce your risk factors today!

Source: www.4woman.gov

Good Nutrition

Having a healthy diet is sometimes easier said than done. It is tempting to turn to less healthy food choices because they might be easy to get or prepare. You are probably balancing a hundred things at once, and taking time to buy the necessary ingredients and cooking a healthy meal may sometimes fall last on your list. Eating out can offer healthy options when time is tight. Consider these steps for healthy choices when on the go:

- Ask the server to make substitutions, like having steamed vegetables instead of fries.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream for dessert.
- Make sure your entrée is broiled, baked, grilled or steamed instead of fried.
- Pick a lean meat, fish or skinless chicken.
- Order lots of vegetable side dishes and ask that any sauces or butter be left off.

Don't forget to include family and friends in the quest for healthy eating. Sharing new recipes and encouraging each other to make healthy choices and stay on track can be especially helpful!!

Source: www.4woman.gov

Recipes for the New Year

Zucchini, Beef, & Pasta Supper

1 pound lean ground beef
1 medium onion, chopped
1 clove garlic, crushed
1/4 teaspoon salt
1 can (13 3/4 to 14 1/2-ounce) ready-to-serve beef broth
1 teaspoon Italian seasoning
1/8 teaspoon ground red pepper
2 cups sliced zucchini, cut 1/2 inch thick
1 cup uncooked farfalle (bow tie) pasta
2 plum tomatoes, each cut into 4 wedges
2 tablespoons grated Parmesan cheese

In large nonstick skillet, brown ground beef, onion and garlic over medium heat for 8 to 10 minutes or until beef is no longer pink, breaking up into 1-inch crumbles. Remove beef with slotted spoon; pour off drippings. Season beef with salt; set aside.

In same skillet, add broth, Italian seasoning, red pepper, zucchini and pasta, pushing pasta into liquid. Bring to a boil; reduce heat to medium. Simmer, uncovered, 15 minutes or until pasta is tender, stirring occasionally.

Return beef to skillet and add tomatoes; heat through. Sprinkle with cheese.

Nutrition Information Per Serving (serving size: 1 1/2 cups): 296 calories; 28 g protein; 11 g fat; 715 mg sodium; 72 mg cholesterol; 22 g carbohydrate

Cheesy Chicken Burrito Stack

1 medium yellow onion, cut into quarters and thinly sliced

1 medium red onion, cut into quarters and thinly sliced
1 red bell pepper, thinly sliced
1 green bell pepper, thinly sliced
2 cloves garlic, minced
3 cups shredded cooked chicken
1 can (10 oz.) diced tomatoes and green chilies,* undrained
1/2 teaspoon salt
1/2 teaspoon ground cumin
4 10-inch flour tortillas
2 cups (8 oz.) grated Mexican blend cheeses
1/4 cup chopped fresh cilantro, optional
***Note:** Plain diced tomatoes can be substituted for a non-spicy

Coat large skillet with nonstick cooking spray and heat over medium-high heat. Add onions; cook and stir 5 minutes or until beginning to brown. Add peppers and garlic; cook and stir 5 minutes. Stir in chicken, tomatoes and chilies with liquid, salt and cumin; cook about 7 minutes or until liquid evaporates, stirring occasionally.

Preheat oven to 375 degrees F. Grease large baking sheet or pizza pan. Place one tortilla on baking sheet. Spread with one-third of chicken mixture; sprinkle with 1/2-cup cheese. Repeat layers two more times; top with remaining tortilla and 1/2 cup cheese. Bake 10 to 15 minutes or until tortilla stack is heated through and cheese is melted. Serve in wedges; sprinkle with cilantro, if desired.

Nutrition Information Per Serving:
516 calories, 24 g fat, 37 g carbohydrate

Whole Wheat Cinnamon Sugar Cookies

1 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon salt
1/2 teaspoon soda
1/2 teaspoon nutmeg
½ cup softened margarine
3 tablespoons milk
1 teaspoon baking powder
1/2 teaspoon cinnamon
1 egg
2 cups whole wheat flour
2 tablespoons sugar
1 tablespoon lemon or orange peel

In a large bowl, combine sugar, baking powder, salt, soda, nutmeg, margarine, milk, lemon or orange peel, vanilla, and egg. Blend well.

Stir in flour. Cover and chill for 30 – 60 minutes.

On a lightly-floured surface, roll out dough to 1/8-inch thickness. Cut with floured cutters. Place on ungreased cookie sheets, two inches apart.

Combine two tablespoons sugar and one teaspoon cinnamon. Sprinkle over cookies. Bake at 375° for 8 – 10 minutes, or until lightly golden brown. Let stand one minute, then remove from cookie sheet and cool. Makes 36 cookies.

Nutrition Information Per Serving: Calories: 72, Total fat: 3g, Saturated fat: 1g, Cholesterol: 5mg, Sodium: 85mg, Total fiber: 1g, Protein: 1g, Carbohydrate: 11g, Potassium: 33mg, Calcium: 14mg

Source: http://lancaster.unl.edu/food/ciqk.htm

The Nebraska Health and Human Services System is committed to affirmative action/equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Cancer Early Detection Program Cooperative Agreement and the Well Integrated Screening and Evaluation for Women Across the Nation Cooperative Agreement with the Nebraska Department of Health and Human Services. #U57/CCU706734-06 and #U57/CCU7191-66.

This newsletter is published 3 times per year by the NHHSS Every Woman Matters Program. If you wish to reproduce any of the articles in this newsletter, in whole or in part, please contact us for permission.

Nebraska Health and Human Services System

Department of Services • Department of Regulation and Licensure • Department of Finance and Support

Every Woman Matters

Nebraska Office of Women's Health

Nebraska Health and Human Services System
Office of Women's Health
Every Woman Matters
PO Box 94817
Lincoln, NE 68509-4817

Phone: 800-532-2227
Fax: 402-471-0913
E-mail: every.woman.matters@hhss.ne.gov
Website: www.hhss.ne.gov/hew/owh

Save the Date!

2005 Nebraska Women's Health Symposium

May 11, 2005

Embassy Suites, Lincoln

Scholarships are available.

Visit www.hhss.ne.gov/hew/owh

or www.women.state.ne.us

for more information

Name

Address

CSZ

Label here