

You're receiving this email because of your relationship with Whitman-Walker Health. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



WOMEN'S WELLNESS

In this issue...

[AIDS Walk a Huge Success!](#)

[Be a PAL!](#)

[Women's Heart Health](#)

[GW Mammovan is Coming to WWH!](#)

[WWH Groups for Women and Transgender People](#)

Healthy Eating

By Kristen
Jarvis, Registered
Dietitian

Ginger Pumpkin Mousse

Happy fall, everyone! With Thanksgiving around the corner and other fall gatherings, I thought I would share a low-cal, no fat, low-sugar dessert recipe that you can use in place of traditional pumpkin pie or just for an after-dinner treat. Pumpkins are loaded with fiber and Vitamin A, so you will also get some vitamins in

November 2011

AIDS Walk a Huge Success!



The 25th annual AIDS Walk was a huge success! Thousands came out despite 40-degree temperatures and rain. And, for the first time in 12 years, AIDS Walk cracked the \$1 million mark!

Thanks to everyone who took part or donated. Your help will let us care for thousands of HIV/AIDS patients every year.

AIDS Walk will continue to take donations through Dec. 31, so visit the [Walk website](#) and make a donation! Help us really smash our goal this year!

Check out [pictures](#) and [video](#) of the Walk!

Be a PAL!



WWH and Mautner Project: The National Lesbian Health Organization are introducing a new program for LGBT seniors - People Advocating for LGBT Seniors (PALS). PALS is a free program that connects compassionate, trained volunteer visitors with LGBT elders, 55 and older, who are living at home or in assisted living and nursing facilities. The program also provides companionship and help, when needed, to access community, health and government services.

with dessert.
Want to Help?

Become a patient of WWH! Come see one of our [doctors](#), [dentists](#), [counselors](#) for your health care.

- 1 (1 oz) package Sugar-free, fat-free vanilla pudding mix (or french vanilla or banana)
- 1 1/2 cups cold soy or 1% milk
- 1 cup pumpkin puree

We accept many [private and public insurance plans](#). You can also consult with one of our [staff attorneys](#) on a [number of legal issues](#).

- 1 cup Fat-free whipped topping
 - 1 tsp cinnamon
 - 1/2 tsp ground ginger
 - 1/4 tsp ground nutmeg
- To make an appointment, [e-mail](#) or call **202.745.7000**. (for topping)

Make a donation! Your generosity can help us care for those who otherwise can't afford it.

To make a donation, please [e-mail](#), call **202.797.3529** or visit [here](#).

Upcoming WWH Events

World AIDS Day
Thursday, Dec. 1
Annual AIDS and HIV Coverage and
6:00 pm

Thursday, Nov. 30
"Red Hot Night in the Nationals Capital"
World AIDS Day event hosted by Kimpton Hotels
Urban, 242 E. St., NW

The PALS program:

- minimizes the social isolation experienced by many elder LGBT people;
- increases individuals' ability to age in place in their own homes and communities;
- helps elders become aware of and access culturally competent services, including health care; and
- improves the overall health, safety and quality of life of LGBT seniors.

Additionally, PALS fosters connections between LGBT people across generations to strengthen the LGBT community ties while honoring and validating its history.

All volunteers are trained and supervised by professional staff. PALS welcomes adults of all ages as volunteers, so long as they commit to professional training and are willing to serve at least six months in the program.

The PALS program welcomes LGBT-identified adults aged 55 and over who would benefit from home visitor services.

To become a volunteer or to learn more about receiving free PALS services, call **202.332.5536** and ask for "PALS" or e-mail PALS@wwhmp.org. We look forward to hearing from you!

Women's Heart Health



Women account for nearly half of all heart attack deaths and heart disease remains the number one killer of both women and men.

As a woman, it's important to understand the risk factors and signs of heart attacks and cardiac arrest. First, a distinction should be made between the two to better understand the potential risks and effects from each. Cardiac arrest is not the same as a heart attack, but can occur during a heart attack. Heart attacks take place when there is a blockage in one or more arteries to the heart, preventing the heart from receiving enough oxygen-rich blood. If the oxygen in the blood cannot reach the heart muscle, the heart

6:00-8:00 pm

For more information on our special events, call **202.797.3529** or [e-mail](#).

Join WWH's Social Networks!

Get the latest news from WWH!

["Like"](#) WWH on Facebook.

[Follow us](#) on Twitter.

Subscribe to our [YouTube channel](#).

Check out our Photostream on [Flickr](#).

Check in on [foursquare](#) when you visit one of our sites.

Once you've signed up, please help us spread the word by sharing our news with your networks.

becomes permanently damaged.

Cardiac arrest occurs when the electrical system to the heart malfunctions and suddenly becomes irregular. The heart beats dangerously fast. The ventricles may flutter or quiver, and blood is not delivered to the body. In the first few minutes, the greatest concern is that blood flow to the brain will be reduced so drastically that a person will lose consciousness. Death follows unless emergency treatment is begun immediately.

How can women recognize symptoms of heart attacks and cardiac arrest? Cardiac arrests not occurring during a heart attack usually have no warning signs or symptoms. In heart attacks, women often experience signs different from that of men. The most common of which include:

- Pain or discomfort in the center of the chest
- Pain or discomfort in other areas of the upper body, including the arms, back, neck, jaw, or stomach
- Other symptoms, such as a shortness of breath, breaking out in a cold sweat, nausea, or light-headedness
- A feeling of indigestion and extreme fatigue

These warning signs differ from what most individuals think they know constitutes heart attack symptoms. It is also important to note that women can often experience these signs continually and not realize life threatening damage could be occurring in their hearts. The sooner signs are recognized and immediate action taken, the higher the likelihood that the consequences can be minimized. Action is especially important given the risk that heart attacks can easily turn into episodes of sudden cardiac arrest. Sudden cardiac arrest can be treated and reversed, but emergency action must take place immediately. Survival can be as high as 90 percent if treatment is initiated within the first minutes after sudden cardiac arrest. The rate decreases by about 10 percent each minute longer it takes to initiate therapy.

To increase your heart health and decrease the likelihood of developing heart disease, make every effort to reduce your risk factors. Certain lifestyle changes such as quitting smoking, losing weight, exercising regularly, following a low-fat diet, managing diabetes, and managing high blood

pressure and cholesterol go a long way in improving and maintaining good health. Always speak with your health care provider if you ever experience anything out of the ordinary.

GW MammoVan is Coming to WWH!



The GW MammoVan will provide mammograms to WWH clients at Mox Robinson Center on Tuesday, Dec. 6. Please call **202.797.6193** or [e-mail](#) for more information.

To be eligible for the MammoVan, you must fall under the following criteria:

Over Age 40

Have not had a mammogram in the past 12 months
Do not have symptoms such as breast pain or lump
Do not have breast implants
Have not been treated previously for breast cancer
Have a Primary Care Physician

Insurances Accepted:

All PPOs
Medicaid and Medicare
Blue Cross/Blue Shield Capital Care HMO with referral
Cigna HMO with referral
Aetna HMO with referral

If Uninsured:

Must be 200 percent of poverty level for free Mammogram

WWH Groups for Women and Transgender People

Whitman-Walker offers a number of therapy and support groups for the community, including coming out, HIV/AIDS, gender transitioning, relationships and aging.

[Peer Support Groups](#) are facilitated by trained volunteers and cover a number of topics. There are currently five groups exclusively for or open to women and transgender people.

[Psychotherapy Groups](#) are led by Whitman-Walker staff psychotherapists. Currently, there are nine groups

exclusively for or open to women and transgender people.

In addition, our Community Health department offers **[three groups focused on people living with HIV.](#)**

For more information on our groups, please follow the links above or call **202.745.7000.**

[Forward email](#)



Try it FREE today.

This email was sent to clewis@wwc.org by info@whitman-walker.org | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Whitman-Walker Health | 1701 14th St., NW | Washington | DC | 20009