

Women's Wellness Network Newsletter



About Women's Wellness Network

The purpose of the Women's Wellness Network (WWN) is to improve health outcomes for underserved women in rural southeast Georgia, specifically Evans and Tattnall Counties, by engaging community stakeholders to develop and implement strategies and activities that improve access to preventive health and wellness services and resources. If you have any questions about the Network, contact Tanesha L. Slocumb, Program Manager, at t.slocumb@sharehealthsega.org.

Upcoming Events in Evans & Tattnall:

- **Daisy Day:**
Saturday, October 7th | 10am-3pm
- **Women's Health Night:**
Monday, October 9th | 4:30pm-6pm
Evans County Library, 701 W Main Street, Claxton, GA 30417
- **Cooking in Claxton:**
Wednesday, October 11th | 10:30am - 12pm
Evans County Housing Authority, 101 Sims St, Claxton, GA 30417
- **Pumpkin Patch:**
Saturday, October 14th | 10am-2pm
Veterans Park in the Courthouse Square, 108 West Brazell Street, Reidsville, GA 30453
- **Tattnall County Mental Health Fair:**
Thursday, October 19th | 5-6pm
North Tattnall Elementary, 26268 GA-23, Collins GA, 30421
- **Pinking Out of the Fountain:**
Saturday, October 21st
- **Women's Wellness Network Meeting:**
Monday, October 23rd & November 27th | 12pm
- **Community Safety Day:**
Saturday, October 28th | 5pm-6:30pm
Newton Street, Claxton GA

Ovarian & Breast Cancer Awareness

Ovarian Cancer Awareness Month, which was observed in September, raises awareness about ovarian cancer, a cancer that affects the ovaries, fallopian tubes, and primary peritoneum. It is the fifth most common cause of cancer-related deaths among women in the US. Ovarian cancer is uncommon, with only about 1.3% of women being diagnosed with it in their lifetime. It often goes untreated until it has advanced, resulting in a low survival rate of 50.8%. An estimated 19,710 women in the US are expected to be diagnosed with it in 2023.

WARNING SIGNS OF OVARIAN CANCER:

- Bloating
- Eating complications
- Pain in pelvic/ abdominal areas
- Urgent or frequent urination



For more information regarding ovarian cancer, please visit:
<https://ocrahope.org/news/ovarian-cancer-awareness-month/>

October is National Breast Cancer Awareness Month, which is dedicated to educating people about breast cancer and emphasizes the significance of early detection and quality care. In 2023, it's projected that there will be almost 300,000 new cases of invasive breast cancer and over 55,000 new cases of non-invasive breast cancer. Additionally, over 40,000 breast cancer deaths will occur among women in the U.S. It's important to complete breast self examinations at home and contact your provider if something feels strange.

WARNING SIGNS OF BREAST CANCER:

- A change in the look or feel of the breast
- A change in the look or feel of the nipple
- Nipple discharge

Early screening and diagnosis can improve outcomes for both breast and ovarian cancer.



For more information regarding breast cancer, please visit:
<https://www.komen.org/breast-cancer/>

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Partner Spotlight: Synita D. Mathis, RN, BSN, CLC



Synita Mathis is the Tattnall County Nurse Manager and Perinatal Case Management Coordinator, with 15 years of experience working at the Tattnall County Health Department. The oldest of five children, with two brothers and two sisters, she was born in Jesup, Georgia, and was raised in Ludowici, GA. Synita is married and has two children. She attended Long County High School and received her degree from South Georgia College. Currently, she is pursuing her graduate degree in Nurse Management from Columbus State University.

Currently, the Tattnall County Health Department offers continuous education, gynecological exams, and STI screenings. Women may qualify for the BCCP program, which pays for annual exams and mammogram referrals. The Healthy Beat program, a new Hypertension program, screens and treats hypertension, and provides medications with no outside pharmacy cost. Vaccinations such as flu and HPV are also available.

What Synita looks forward to the most this year with the WWN is engaging with the network, learning from those involved, utilizing available resources to improve clinic attendance, and encouraging more women to undergo mammograms and gynecological exams. She suggests addressing teenage pregnancy, while also prioritizing heart health in women as a future issue for the WWN to tackle. Synita hopes that the Network can improve women's health outcomes by educating them about prevention and providing access to resources in the area. She believes that by pooling resources, the Network can achieve this goal.

Healthy Eating for Women



Your daily selection of food and drinks has a significant impact on your current and future health. Opting for healthy and nutritious options can help prevent or manage various health issues that women commonly face.

Women's nutritional needs differ from men due to hormonal changes associated with menstruation, childbearing, and menopause, which increase the risk of anemia, osteoporosis, and nutritional deficiencies. Women should include foods rich in calcium, vitamins B and D, and iron to maintain bone health and prevent anemia. A regular exercise regimen that includes weight training and/or high-intensity workouts should also be a part of your routine to prevent loss of lean muscle mass over time.

Women's Mental Health

Mental disorders impact men and women differently. Depression, anxiety, and eating disorders are more common among women. Women may also experience unique disorders such as perinatal, postpartum, premenstrual, and perimenopause-related depression.

Twice as many women experience depression at some point in their lives when compared to men. Gender, genetic, social, and economic differences all play a role in the development of depression in women.

Mental Health Tips for Women

- Love yourself and everything you do.
- Spend quality time with family and friends.
- Express gratitude for things and people in your life.
- Seek help if you feel like you need it.



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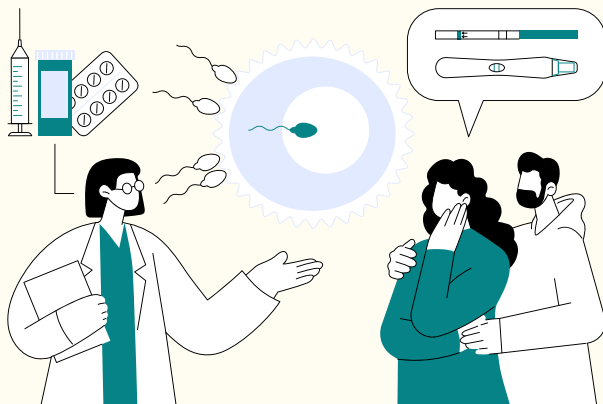
Perinatal Health Partners (PHP)

Perinatal Health Partners (PHP) is an in-home nursing case management program for medically diagnosed high-risk pregnant women. The goal of the program is to maximize pregnancy outcomes for mothers and their newborns and decrease the infant and maternal mortality rate in all counties within the Southeast Health District. All services are provided at no cost to the client.

There is no income requirement to be eligible for this program. **Referrals to the PHP program must be completed by the patient's perinatal or medical provider.** While anyone can express support for a client's PHP enrollment, the decision ultimately rests with the perinatal provider or medical professional. These individuals are responsible for initiating the referral process and playing an active role in designing each client's care plan, tailored to their unique medical and psychosocial requirements.

PHP services include:

- Clinical assessment of mother and baby
- Care coordination
- Case management
- Education for high-risk pregnant women and their families
- Linkages to needed resources



PHP criteria:

- History of miscarriage (two or more) or second or third trimester pregnancy loss
- Previous fetal/neonatal death (if baby dies due to prenatal complications)
- Prior premature labor/delivery or PROM
- Incompetent cervix
- Diabetes - gestational, type 1, or type 2
- Pregnancy induced hypertension (PIH) - Preeclampsia
- Preterm labor
- Multiple gestation with complications (current pregnancy)
- Pre-existing medical conditions (i.e. hypertension, lupus, auto-immune disease, cardiac disease, epilepsy, HIV, etc.)
- Fetal abnormality (current pregnancy)
- Advanced Maternal Age
- Teen Pregnancy

Contact:

Melissa Fombellida, Social Worker
Perinatal Health Partners Program
Southeast Health District
604 Riverside Ave Waycross, GA 31501
Phone: 912-548-2331
Email: melissa.fombellida@dph.ga.gov

For more information, visit:

<https://www.sehdph.org/services/perinatal-case-management/perinatal-health-partners/>

Connect with us!



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