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Women's Health

Author: Stephen Ashkin Last Updated: Jan 17, 2010 - 5:44:14 AM

What do Female Biologists, Chemists, Pharmacists, and Janitors All Have in Common?

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By Stephen Ashkin
Jan 16, 2010 - 11:27:00 PM

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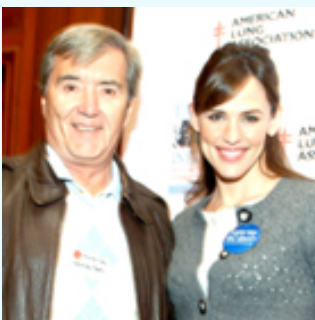


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(HealthNewsDigest.com) - Recently, a study published in the journal Occupational and Environmental Medicine (December 21, 2009)* reported that women working in certain occupations and industries have an increased likelihood of giving birth to children with birth defects—such as spinal and heart malformations as well as gastrointestinal problems—when compared to most other occupational groups. The women at greater risk were working as biologists, chemical scientists, pharmacists, and janitors. In fact, there is a possibility that a child born to a woman in one of these occupations/industries would be more at risk for developing any one of up to 45 physical defects that are not DNA related.

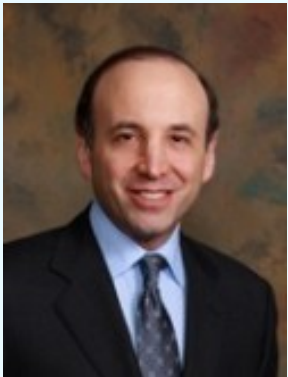
To conduct the study, Researchers used data collected from over 9,000 mothers across the U.S. who gave birth between October, 1997, and December, 2003, to children with one or more of the 45 defects. The women were divided into 24 occupational categories, such as office workers, cleaning professionals and those in manufacturing, and were compared with a control group of close to 4,000 mothers whose children did not have defects. Although one of the key researchers, Dr. Michele Herdt-Losavio with the New York State Department of Health, is careful to point out that right now, it isn't possible to make a clear link between an occupation and the likelihood of developing a birth defect, the study does appear to indicate that ongoing exposure to certain chemicals can increase the likelihood of birth defects. Chemicals, Cleaning, and Hospitals As a longtime advocate for Green Cleaning in the professional cleaning industry, especially in hospitals and healthcare facilities, the findings of this study, as unfortunate as they are, are not a surprise to me. We have known for nearly two decades that certain conventional (not Green) cleaning chemicals, especially the powerful chemicals and disinfectants typically used in healthcare, can be harmful to indoor air quality and can cause health-related problems for the user, patients, staff, and the



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environment. This survey just adds more credence to the growing evidence. However, what is surprising is the fact that the study found that women working as janitors faced the highest risk of giving birth to children with birth defects. According to Herdt-Losavio, janitors were at a higher risk of giving birth to children with any one of seven different birth defects. This was followed by scientists' children, who had an increased risk of developing five defects. So what are some of the cleaning products that can cause health problems and potentially be the cause for the birth defects noted in this study? Many if not all are used every day in hospitals and healthcare facilities. Among them are these: Disinfectants. Some disinfectants used in hospitals contain quaternary ammonium compounds, phenols, or bleach. Although these products/ingredients have served us well and are effective at eliminating a wide range of germs, bacteria, and other pathogens, we know that long-term exposure to these products can be harmful. Floorcare chemicals. Hard-surface flooring tends to be the floor covering of choice in medical facilities. However, the strippers and polishes used to clean and maintain these floors often contain diethylene glycol, ethyl ether, petroleum distillates, butoxyethanol, and sodium hydroxide (lye). Exposure to these products can result in a wide range of health problems from dizziness and nausea to irreversible lung damage. (See sidebar) Glass cleaner. One of the most common cleaning products used in virtually all types of facilities is glass cleaner, and many conventional glass cleaners contain ammonia. According to the American Association of Poison Control Centers, there are approximately 6,400 "poison exposures" due to glass cleaner each year.** Making Cleaning and Cleaning Chemicals Safer We know that conventional cleaning chemicals can prove harmful to the user and the environment—and there may be a likelihood their use can lead to birth defects as the study discussed earlier indicates. So what can medical facility administrators do to lessen their impact and minimize the problem? A major step would be to transfer to environmentally preferable cleaning chemicals whenever and wherever possible. It should be noted that even Green Cleaning chemicals can be harmful if not used properly. However, environmentally preferable cleaning chemicals that have been certified by such organization as the U.S. Environmental Protection Agency's (EPA) Design for the Environment (DfE) program, EcoLogo™, and Green Seal® have been independently analyzed and proved to have a reduced impact on the user, building occupants, and the environment. A particular problem that many healthcare facilities must grapple with is that they are legally required to use certain disinfectants to clean specific areas of their facilities. Further, at this time, the EPA does not allow any disinfectants in the United States to be labeled as Green. To reduce their impact, administrators should make sure these disinfectants are used properly and only where and where required. In other areas, hydrogen peroxide can be a safer yet powerful alternative. The city of Santa Monica, California, known for its environmental leadership, uses this product as its primary cleaning agent in municipal buildings. The professional cleaning industry has made great strides in the past few years reducing cleaning's negative impact on the user and the environment. Although we still have a ways to go, cleaning is becoming safer and the health risks to both male and female janitors will likely be reduced. The hope is that the next time a study on birth defects among cleaning workers is conducted, we will find the numbers have been reduced significantly. Stephen Ashkin is President of The Ashkin Group and Sustainable Tool, LLC. Long known as "the father of Green Cleaning," he began advocating for the use of environmentally responsible cleaning chemicals nearly 20 years ago. He is a frequent author, presenter, and consultant on Green Cleaning and related issues. *Published in London, Occupational and Environmental Medicine is an international peer-reviewed journal focusing on occupational medicine and environmental health issues. **Based on 2005 figures. Although Green equivalents of most all types of cleaning products are now available, have proven to be cost effective and perform well, this has not always been the case for the products used for floor care. As mentioned earlier, this is of particular concern for healthcare and hospital facilities because hard surface flooring is used so extensively. However, new, more environmentally responsible technologies such as floor care equipment that does not require the use of chemicals as well as Green floor care chemicals are being introduced that are helping to meet this challenge. Subscribe to our



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Women's Health

What do Female Biologists, Chemists, Pharmacists, and Janitors All Have in Common?

By

Jan 16, 2010 - 11:27:00 PM



(HealthNewsDigest.com) - Recently, a study published in the journal *Occupational and Environmental Medicine* (December 21, 2009)* reported that women working in certain occupations and industries have an increased likelihood of giving birth to children with birth defects—such as spinal and heart malformations as well as gastrointestinal problems—when compared to most other occupational groups. The women at greater risk were working as biologists, chemical scientists, pharmacists, and janitors. In fact, there is a possibility that a child born to a woman in one of these occupations/industries would be more at risk for developing any one of up to 45 physical defects that are not DNA related. To conduct the study, Researchers used data collected from over 9,000 mothers across the U.S. who gave birth between October, 1997, and December, 2003, to children with one or more of the 45 defects. The women were divided into 24 occupational categories, such as office workers, cleaning professionals and those in manufacturing, and were compared with a control group of close to 4,000 mothers whose children did not have defects. Although one of the key researchers, Dr. Michele Herdt-Losavio with the New York State Department of Health, is careful to point out that right now, it isn't possible to make a clear link between an occupation and the likelihood of developing a birth defect, the study does appear to indicate that ongoing exposure to certain chemicals can increase the likelihood of birth defects. Chemicals, Cleaning, and Hospitals As a longtime advocate for Green Cleaning in the professional cleaning industry, especially in hospitals and healthcare facilities, the findings of this study, as unfortunate as they are, are not a surprise to me. We have known for nearly two decades that certain conventional (not Green) cleaning chemicals, especially the powerful chemicals and disinfectants typically used in healthcare, can be harmful to indoor air quality and can cause health-related problems for the user, patients, staff, and the environment. This survey just adds more credence to the growing evidence. However, what is surprising is the fact that the study found that women working as janitors faced the highest risk of giving birth to children with birth defects. According to Herdt-Losavio, janitors were at a higher risk of giving birth to children with any one of seven different birth defects. This was followed by scientists' children, who had an increased risk of developing five defects. So what are some of the cleaning products that can cause health problems and potentially be the cause for the birth defects noted in this study? Many if not all are used every day in hospitals and healthcare facilities. Among them are these: Disinfectants. Some disinfectants used in hospitals contain quaternary ammonium compounds, phenols, or bleach. Although these products/ingredients have served us well and are effective at eliminating a wide range of germs, bacteria, and other pathogens, we know that long-term exposure to these products can be harmful. Floorcare chemicals. Hard-surface flooring tends to be the floor covering of choice in medical facilities. However, the strippers and polishes used to clean and maintain these floors often contain diethylene glycol, ethyl ether, petroleum distillates, butoxyethanol, and sodium hydroxide (lye). Exposure to these products can result in a wide range of health problems from dizziness and nausea

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Women's Health

Heart Disease in Women: 10 Things You Should Know

By

Jan 13, 2010 - 4:17:06 PM



(HealthNewsDigest.com) - BOSTON—Heart disease isn't a gender-neutral condition. Although many of the risk factors are the same in women and men—including high cholesterol, inactivity, obesity, high blood pressure, and smoking—heart disease can develop differently in women than men, cause different symptoms, and have a different impact on long-term health. The January 2010 issue of Harvard Women's Health Watch outlines 10 things women should know about heart risks and how to manage them. Here's a sample: Cholesterol. A low level of "good" HDL cholesterol—below 50 milligrams per deciliter (mg/dL)—is a bigger problem for women than elevated "bad" LDL cholesterol. In fact, the total cholesterol level is less important than the ratio of total cholesterol to HDL cholesterol. For women, the optimal ratio is less than 3.2. High triglycerides (over 150 mg/dL) also pose a bigger heart risk for women than men. Inflammation. Evidence that inflammation plays a role in the formation of artery blockages has put a spotlight on C-reactive protein (CRP), a substance the body produces in response to inflammation. Now there's a test for blood vessel inflammation called high-sensitivity CRP, or hsCRP. The Women's Health Study found that women with high hsCRP results were about twice as likely as those with high LDL cholesterol to die from a heart attack or stroke. As a result of such findings, the hsCRP test is now often used to estimate the likelihood of a heart attack. Blood pressure. Up to age 55 or so, women are less likely to have high blood pressure than men. After that, their blood pressure typically rises more sharply than men's, and by age 70, about 80% of women have hypertension. An optimal level is less than 120/80 millimeters of mercury (mm Hg). Exercise. The more physically active you are, the lower your risk of heart disease. Exercise can raise HDL levels, lower triglycerides, and ease inflammation, changes that are especially important for women. It also helps relieve mental stress—a risk factor for high blood pressure and thus heart problems. Symptoms. Women are more likely than men to report less dramatic symptoms of heart disease and heart attack, including general discomfort, exhaustion, or shortness of breath under stress or during daily routines. Women are also more likely to complain of fatigue, nausea, back pain, dizziness, and palpitations. Risk assessment. For many years, experts have relied on a risk-assessment tool based on data from the Framingham Heart Study. It estimates the risk of having a heart attack in the next 10 years by taking into account age, gender, smoking, cholesterol levels, and blood pressure. A new measure known as the Reynolds risk score adds hsCRP testing and family history to the risk calculation and has improved predictive ability, especially for heart attacks in women. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce Satellite MediaTour's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

Women's Health

Dementia in Older Women Linked to High Blood Pressure Years Earlier

By

Jan 12, 2010 - 8:18:54 AM



(HealthNewsDigest.com) - PITTSBURGH, – High blood pressure may put women at greater risk for dementia later in life by increasing white matter abnormalities in the brain, report researchers from the University of Pittsburgh Graduate School of Public Health in a study published online in the *Journal of Clinical Hypertension*. “Hypertension is very common in the U.S. and many other countries, and can lead to serious health problems,” said Lewis Kuller, M.D., Dr.P.H., professor of epidemiology, University of Pittsburgh Graduate

School of Public Health. “Proper control of blood pressure, which remains generally poor, may be very important to prevent dementia as women age.” The study, part of the multisite and long-term Women’s Health Initiative Memory Study (WHIMS), included 1,424 women 65 or older who had their blood pressure assessed annually and underwent magnetic resonance imaging (MRI) of the brain. Researchers assessed white matter lesions, which are associated with increased risks for dementia and stroke. White matter makes up 60 percent of the brain and contains nerve fibers responsible for communication among the brain’s regions. Women who, at the start of the study, were hypertensive, meaning a blood pressure of 140/90 or higher, had significantly more white matter lesions on their MRI scans eight years later than participants with normal blood pressure. Lesions were more common in the frontal lobe, the brain’s emotional control center and home to personality, than in the occipital, parietal or temporal lobes.

“Women should be encouraged to control high blood pressure when they are young or in middle-age in order to prevent serious problems later on,” said Dr. Kuller. “Prevention and control of elevated blood pressure and subsequent vascular disease in the brain may represent the best current preventive therapy for dementia.” Co-authors of the study include Karen L. Margolis, M.D., Health Partners Research Foundation, Minneapolis; Sarah A. Gaussoin, M.S., and Jeff Williamson, M.D., Wake Forest University School of Medicine; Nick R. Bryan, M.D., University of Pennsylvania; Diana Kerwin, M.D., Northwestern University; Marian Limacher, M.D., University of Florida; Sylvia Wassertheil-Smoller, Ph.D., Albert Einstein College of Medicine; and Jennifer G. Robinson, M.D., M.P.H., University of Iowa. The research was funded by grants from the National Institutes of Health’s National Heart, Lung, and Blood Institute and the U.S. Department of Health and Human Services. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce Satellite MediaTour's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

Women's Health

Pregnant Women Need Flu Shots

By

Jan 11, 2010 - 12:49:45 PM



(HealthNewsDigest.com) - WHITE PLAINS, N.Y.,-- Pregnant women should be sure to get all their flu shots as soon as the vaccines become available this year to protect them against both the seasonal flu and the H1N1 (swine) flu, according to eight leading national maternal and infant health organizations. The eight organizations – the March of Dimes, the American College of Obstetricians and Gynecologists, the American Academy of Pediatrics, the American Academy of Family Physicians, the American College of Nurse-Midwives, the Association of Women’s Health, Obstetric, and Neonatal Nurses, the Infectious Disease Society for Obstetrics and Gynecology and the Society of Maternal-Fetal Medicine – today partnered to issue a joint statement because the H1N1 virus has proven to be especially dangerous to pregnant women. “The normal changes of pregnancy make pregnant women at increased risk of the harmful effects of flu infection,” the groups say. Some pregnant women may be reluctant to take these shots. But Dr. Jennifer L. Howse, president of the March of Dimes, says, “We urge every pregnant woman to discuss influenza immunization with her health care provider because the risk of serious illness during pregnancy is substantial. It is important to note that the vaccine has been shown to be safe and effective in clinical trials.” In addition to getting immunized before the flu season for both the seasonal and the H1N1 viruses, the groups urge pregnant women to follow good hygiene habits, such as hand-washing and avoiding others who are sick, to prevent the virus from spreading. Pregnant women who develop flu-like symptoms should quickly contact their health care provider so that they can begin treatment immediately. H1N1 flu is caused by a virus. In the spring of 2009, many people in Mexico became sick with H1N1 (swine) flu. It spread to several countries, including the United States. Now, the US is taking steps to deal with the first influenza pandemic in more than 40 years. Research published Sept. 11, 2009 in the U.S. Centers for Disease Control and Prevention’s journal *Morbidity and Mortality Weekly Report*, which surveyed pregnant women in two states, found that women who got a seasonal flu vaccine did so because their health care provider recommended it. The complete joint statement and more information about the H1N1 virus can be found on each of the participating organization’s Web site. The Center for Disease Control and Prevention also has detailed information available at: <http://www.cdc.gov/h1n1flu>. The public can contact the CDC with questions by calling 800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 or sending an email to: cdcinfo@cdc.gov Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce Satellite MediaTour's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

Women's Health

Women Face Tough Challenges in Overcoming Addiction

By

Jan 11, 2010 - 12:14:11 PM



(HealthNewsDigest.com) - BOSTON—Women often find it harder than men to recover from addictions, reports the January 2010 issue of the Harvard Mental Health Letter. They face other challenges as well. Women tend to progress more quickly than men from use of an addictive substance to dependence on it (a phenomenon known as telescoping). They also develop medical or social consequences of addiction faster than men, and are more susceptible to relapse after quitting. Take tobacco use as one example. Nearly 71 million Americans—about 35% of men and 23% of women—currently smoke. Women who smoke are more likely than men to develop lung cancer, and they're twice as likely to have a heart attack. But women find it more difficult than men to kick the habit, and are more likely to start smoking again if they do manage to quit. The reasons for these gender differences are not clear. Some studies have found that women are more likely than men to smoke in response to environmental cues and triggers, while men are more responsive to nicotine (the addictive element in tobacco). This may explain why nicotine replacement therapy appears not to work as well in women as it does in men. Other research suggests that kicking the habit is especially tough for women during the menstrual cycle's luteal phase (which begins just after ovulation). Women who time their quit dates to occur during the follicular phase (which begins after menstruation and ends at ovulation) have a better chance of stopping smoking. Dr. Michael Miller, editor in chief of the Harvard Mental Health Letter, notes that a better appreciation of gender differences in addiction might help identify ways to tailor treatment for women and increase their chances of recovery. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce Satellite MediaTour's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

Women's Health

Obese Pregnant Women Should Gain Less Weight than Currently Recommended

By

Jan 6, 2010 - 9:51:47 AM

Saint Louis U. Obstetrician Criticizes New Guidelines in Medical Journal



(HealthNewsDigest.com) - ST. LOUIS - Recent recommendations by the Institute of Medicine (IOM) call for women who are overweight or obese to gain more weight than they should, a Saint Louis University obstetrician wrote in a January commentary for *Obstetrics & Gynecology*. Joined by several colleagues, Raul Artal, M.D., chair of the department of obstetrics, gynecology and women's health at Saint Louis University, who has conducted extensive research on weight gain during pregnancy, did not endorse the IOM's May 2009 recommendation. The IOM, a non-governmental, independent, nonprofit organization, provides advice that is designed to improve health

to national decision makers and the public. "The recently published IOM recommendations for gestational weight gain are virtually identical to those published in 1990 with one exception: obese women are now recommended to gain 11-20 pounds compared to the previous recommendations of at least 15 pounds," Artal said. "Recommending a single standard of weight gain for all obese classes is of concern since higher BMI levels are associated with more severe medical conditions and have long-term adverse health implications." Artal recommended obese women eat a nutrient-rich diet of between 2,000 and 2,500 calories a day, which would cause them to cap their weight gain at 10 pounds, and in some cases, lose weight. Under a doctor's guidance, he said, obese pregnant women can safely engage in physical activities and modify their diets to successfully limit their weight gain with no harmful effects on the fetus. When obese women reduce the amount of weight they gain, they also cut their risk of developing complications such as gestational diabetes and preeclampsia. By contrast, obese women who gain too much weight increase their risk of developing these conditions who affect both mother and fetus. Artal called excessive weight gain during pregnancy a significant contributor to the obesity epidemic. "Excessive gestational weight gain has been implicated in an intergenerational vicious cycle of obesity as overweight and obese mothers give birth to big daughters who are more likely to become obese themselves and deliver large infants," he said. Pregnancy is an ideal time for women who are obese to exercise and watch what they eat, Artal added. These lifestyle changes are safe and carry benefits that last long after they have given birth, Artal added. "Similar to smoking cessation programs, pregnancy provides a unique and ideal opportunity for behavior modifications given high motivation and enhanced access to medical supervision," he said. "Limited weight gain in obese pregnant women has the added potential for setting the foundation for a healthier lifestyle over a woman's lifespan." Artal led the team of obstetricians who drafted the American College of Obstetricians and Gynecologists' guidelines for exercise during pregnancy. He was joined in writing the commentary by Charles Lockwood, M.D., chair of the department of obstetrics, gynecology and reproductive sciences at Yale University School of Medicine and Haywood Brown, M.D., chair of obstetrics and gynecology at Duke University Medical

Center. Popularly known as “The Green Journal,” Obstetrics & Gynecology is the official publication of the American College of Obstetricians and Gynecologists. Established in 1836, Saint Louis University School of Medicine has the distinction of awarding the first medical degree west of the Mississippi River. The school educates physicians and biomedical scientists, conducts medical research, and provides health care on a local, national and international level. Research at the school seeks new cures and treatments in five key areas: cancer, infectious disease, liver disease, aging and brain disease and heart/lung disease. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce SMT's, VNR's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

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Women's Health

FDA, Health Organizations to Study Safety of Medications Taken During Pregnancy

By

Dec 30, 2009 - 4:47:52 PM

New collaborative research program to study effects on mothers and their babies



(HealthNewsDigest.com) - A new research program called the Medication Exposure in Pregnancy Risk Evaluation Program (MEPREP) will fund research to study the effects of prescription medications used during pregnancy. The program is a collaboration among the U.S. Food and Drug Administration and researchers at the HMO Research Network Center for Education and Research in Therapeutics (CERT),

Kaiser Permanente's multiple research centers and Vanderbilt University. About two-thirds of women who deliver a baby have taken at least one prescription medication during pregnancy according to a journal article published in the American Journal of Obstetrics and Gynecology. There are very few clinical trials that test the safety of medications in pregnancy due to concerns about the health of the mother and child. "This program is a great example of FDA and the private sector working together to improve the health of pregnant women and their children," said Margaret Hamburg, MD, Commissioner of Food and Drugs. "These data will guide regulatory policy and influence medical practice." To overcome the challenges presented by the lack of clinical trial data about the use of medications during pregnancy, the research program will link health care information for mothers and their babies in each of the participating research sites. Collectively, the 11 participating sites have health care information for about 1 million births over the past seven years (2001-2007). Many of the mothers associated with these births likely used medication during their pregnancies and now, with the program in place, the FDA and participating researchers have a systematic and timely way of retrieving information from this network. "This collaborative effort creates a unique resource to study the effects of medication in pregnant women and their children," said Gerald Dal Pan, M.D., director of the Office of Surveillance and Epidemiology at the FDA's Center for Drug Evaluation and Research. "Results of these studies will provide valuable information for patients and physicians when making decisions about medication during pregnancy." The program blends clinical and research expertise and population-based databases from 11 health plan-affiliated research sites including Kaiser Permanente (Northern California, Southern California, Georgia,, Pacific Northwest, and Colorado regions); Harvard Pilgrim Health Care Institute, Group Health Research Institute, HealthPartners, Lovelace Clinic Foundation, the Meyers Primary Care Institute, and Tennessee State Medicaid, and the FDA. The HMO Research Network CERT Data Center at the Department of Population Medicine of Harvard Medical School and Harvard Pilgrim Health Care Institute, led by Richard Platt, M.D., M.S., is the coordinating center for the program. Lead researchers include Susan Andrade, Sc.D. HMO Research Network William Cooper, M.D., M.P.H. (Vanderbilt); Robert Davis, M.D., M.P.H. (Kaiser Permanente Georgia); Craig Cheetham, Pharm.D.; (Kaiser Permanente Southern California); and De-Kun Li, M.D., Ph.D. (Kaiser Permanente Northern California). The investigators have collaborated on numerous studies related to medication use during pregnancy and birth outcomes,

as well as studies on the effects of anti-depressant medications, antibiotics, and cardiovascular medications on birth defects and perinatal outcomes. A Steering Committee composed of representatives from each participating site and the FDA will oversee MEPREP activities and provide overall scientific leadership. FDA epidemiologist, Pamela E. Scott, Ph.D., is the FDA project lead and chair of the Steering Committee. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce SMT's, VNR's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

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From HealthNewsDigest.com

Women's Health

Winter Outerwear for Women

By

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(HealthNewsDigest.com) - Cover up this spring season in style! Whether it's to keep you warm on a fall/winter day or to add some color to your outfit, OneStopPlus.com, the world's premier webmall for plus-size women, has the perfect coat for you for under \$100. About OneStopPlus.com® OneStopPlus.com® is a Redcats company located on Fashion Avenue in New York City. It is the world's first and only web-mall for plus-size women and big & tall men. The OneStopPlus.com® philosophy for plus-size women is reflected in every aspect of its website. The look and feel is upscale and the collections are not considered simply as clothing, but fashion. Plus-size women now have the same fashion choices as their size 8

counterparts, with access to everything from the classics to what's right on the mark in terms of the latest trends. Featured on this website include leading designs in American and European plus size fashion from Woman Within, Roaman's, Jessica London, Avenue, Taillissime and Ellos. Subscribe to our FREE Ezine and be eligible for Health News, discounted products/services and coupons related to your Health. We publish 24/7. HealthNewsDigest.com We videotape Press Conferences, produce SMT's, VNR's, B-rolls, PSA's, - all with distribution: HealthyTelevisionProductions

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