

### Chapter 1 : Women With A Cause, Inc

*Women With A Cause empowers and embraces women in need toward self-sufficiency through education and training. Our WE Scholar program focuses on finding a career path that enables single mothers and women veterans to break the cycle of poverty.*

When did your symptoms begin? What other symptoms are you experiencing? Do you have any unexpected leaking of urine and in what situations? Your doctor will most likely ask you for a urine sample to check for infection, blood, or other abnormal findings such as protein or sugar. Your doctor will also conduct an exam of your abdomen and pelvis. This will likely include a pelvic exam and evaluation of your urethra and vagina. Other tests that can be useful include: Using a lighted instrument, the doctor can take a closer look inside the bladder as well as take tissue samples if necessary. Urinary testing urodynamic testing. This involves a variety of tests that look to see how well the urinary system is working. Treatment for frequent urination Treatment for frequent urination depends on the cause. Your doctor will first treat any primary disease responsible for frequent urination. If an infection is at fault, your doctor will prescribe antibiotics for getting rid of the infection. Medications that control the muscle spasms in the bladder can help reduce urinary incontinence, or loss of bladder control. Your doctor also may suggest doing pelvic exercises, such as Kegels or bladder retraining exercises , to help delay urination. A common use is for urinary conditions such as OAB and urinary incontinence. A recent review of a wide variety of studies on acupuncture and incontinence failed to show its effectiveness. According to the British Medical Journal, a scientific review of acupuncture studies and overactive bladder is now underway. Prevention of frequent urination You can take some steps to reduce your likelihood of developing frequent urination. You can also avoid certain foods and drinks closer to nighttime that are known to increase the likelihood of nocturia.

*Women With A Cause Foundation, Denver, Colorado. likes. Women With A Cause is dedicated to providing wrap around services for single mothers and.*

There are many different types of HPV. Some types can cause health problems including genital warts and cancers. But there are vaccines that can stop these health problems from happening. How is HPV spread? You can get HPV by having vaginal, anal, or oral sex with someone who has the virus. It is most commonly spread during vaginal or anal sex. HPV can be passed even when an infected person has no signs or symptoms. Anyone who is sexually active can get HPV, even if you have had sex with only one person. You also can develop symptoms years after you have sex with someone who is infected. This makes it hard to know when you first became infected. Does HPV cause health problems? In most cases, HPV goes away on its own and does not cause any health problems. But when HPV does not go away, it can cause health problems like genital warts and cancer. Genital warts usually appear as a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. A healthcare provider can usually diagnose warts by looking at the genital area. Does HPV cause cancer? HPV can cause cervical and other cancers including cancer of the vulva, vagina, penis, or anus. It can also cause cancer in the back of the throat, including the base of the tongue and tonsils called oropharyngeal cancer. Cancer often takes years, even decades, to develop after a person gets HPV. There is no way to know which people who have HPV will develop cancer or other health problems. They may also be more likely to develop health problems from HPV. How can I avoid HPV and the health problems it can cause? You can do several things to lower your chances of getting HPV. The HPV vaccine is safe and effective. It can protect against diseases including cancers caused by HPV when given in the recommended age groups. For more information on the recommendations, please see: Routine screening for women aged 21 to 65 years old can prevent cervical cancer. If you are sexually active Use latex condoms the right way every time you have sex. This can lower your chances of getting HPV. Who should get vaccinated? All boys and girls ages 11 or 12 years should get vaccinated. Catch-up vaccines are recommended for boys and men through age 21 and for girls and women through age 26, if they did not get vaccinated when they were younger. The vaccine is also recommended for gay and bisexual men or any man who has sex with a man through age 26. There are HPV tests that can be used to screen for cervical cancer. These tests are only recommended for screening in women aged 30 years and older. HPV tests are not recommended to screen men, adolescents, or women under the age of 30 years. Most people with HPV do not know they are infected and never develop symptoms or health problems from it. Some people find out they have HPV when they get genital warts. Women may find out they have HPV when they get an abnormal Pap test result during cervical cancer screening. About 79 million Americans are currently infected with HPV. About 14 million people become newly infected each year. Health problems related to HPV include genital warts and cervical cancer. Before HPV vaccines were introduced, roughly 10 million women and men were affected by genital warts caused by HPV every year. Every year, nearly 12 million women living in the U.S. There are other conditions and cancers caused by HPV that occur in people living in the United States. Every year, approximately 19 million women and 12 million men are affected by cancers caused by HPV. This could be an underestimate of the actual number of people who get genital warts. Will having HPV affect my pregnancy? If you are pregnant and have HPV, you can get genital warts or develop abnormal cell changes on your cervix. Abnormal cell changes can be found with routine cervical cancer screening. You should get routine cervical cancer screening even when you are pregnant. There is no treatment for the virus itself. However, there are treatments for the health problems that HPV can cause: Genital warts can be treated by your healthcare provider or with prescription medication. If left untreated, genital warts may go away, stay the same, or grow in size or number. Cervical precancer can be treated. Women who get routine Pap tests and follow up as needed can identify problems before cancer develops. Prevention is always better than treatment. For more information visit [www.womenwithacause.com](http://www.womenwithacause.com). Other HPV-related cancers are also more treatable when diagnosed and treated early. Where can I get more information?

### Chapter 3 : Wonderful Witchy Women

*The Bella Vista League is a group of women dedicated to making a difference in other people's lives. An annual fundraising event called "Wonderful Witchy Women with a Cause" is held to raise funds for charities serving local families and children in crisis.*

Sensitivity to light and sound When to see a doctor Migraines are often undiagnosed and untreated. If you regularly experience signs and symptoms of migraine attacks, keep a record of your attacks and how you treated them. Then make an appointment with your doctor to discuss your headaches. Even if you have a history of headaches, see your doctor if the pattern changes or your headaches suddenly feel different. See your doctor immediately or go to the emergency room if you have any of the following signs and symptoms, which may indicate a more serious medical problem: Migraines may be caused by changes in the brainstem and its interactions with the trigeminal nerve, a major pain pathway. Imbalances in brain chemicals – including serotonin, which helps regulate pain in your nervous system – also may be involved. Researchers are still studying the role of serotonin in migraines. Serotonin levels drop during migraine attacks. The result is migraine pain. Other neurotransmitters play a role in the pain of migraine, including calcitonin gene-related peptide CGRP. Migraine triggers A number of factors may trigger migraines, including: Hormonal changes in women. Fluctuations in estrogen seem to trigger headaches in many women. Women with a history of migraines often report headaches immediately before or during their periods, when they have a major drop in estrogen. Others have an increased tendency to develop migraines during pregnancy or menopause. Hormonal medications, such as oral contraceptives and hormone replacement therapy, also may worsen migraines. Some women, however, find their migraines occur less often when taking these medications. Aged cheeses, salty foods and processed foods may trigger migraines. Skipping meals or fasting also can trigger attacks. The sweetener aspartame and the preservative monosodium glutamate MSG, found in many foods, may trigger migraines. Alcohol, especially wine, and highly caffeinated beverages may trigger migraines. Stress at work or home can cause migraines. Bright lights and sun glare can induce migraines, as can loud sounds. Strong smells – including perfume, paint thinner, secondhand smoke and others – can trigger migraines in some people. Changes in wake-sleep pattern. Missing sleep or getting too much sleep may trigger migraines in some people, as can jet lag. Intense physical exertion, including sexual activity, may provoke migraines. Changes in the environment. A change of weather or barometric pressure can prompt a migraine. Oral contraceptives and vasodilators, such as nitroglycerin, can aggravate migraines. Risk factors Several factors make you more prone to having migraines, including: If you have a family member with migraines, then you have a good chance of developing them too. Migraines can begin at any age, though the first often occurs during adolescence. Migraines tend to peak during your 30s, and gradually become less severe and less frequent in the following decades. Women are three times more likely to have migraines. Headaches tend to affect boys more than girls during childhood, but by the time of puberty and beyond, more girls are affected. If you are a woman who has migraines, you may find that your headaches begin just before or shortly after onset of menstruation. They may also change during pregnancy or menopause. Migraines generally improve after menopause. Some women report that migraine attacks begin during pregnancy, or their attacks worsen. Migraines often return during the postpartum period. Complications Sometimes your efforts to control your migraine pain cause problems, such as: Certain pain relievers called nonsteroidal anti-inflammatory drugs NSAIDs, such as ibuprofen Advil, Motrin IB, others, may cause abdominal pain, bleeding, ulcers and other complications, especially if taken in large doses or for a long period of time. Taking over-the-counter or prescription headache medications more than 10 days a month for three months or in high doses may trigger serious medication-overuse headaches. Medication-overuse headaches occur when medications stop relieving pain and begin to cause headaches. You then use more pain medication, which continues the cycle. Serotonin syndrome is a rare, potentially life-threatening condition that occurs when your body has too much of the nervous system chemical called serotonin. While the risk is considered extremely low, taking migraine medications called triptans and antidepressants known as selective serotonin reuptake inhibitors SSRIs or

serotonin and norepinephrine reuptake inhibitors SNRIs may increase the risk of serotonin syndrome. These medications naturally raise serotonin levels, and it is possible that combining them could cause levels that are too high. Triptans include medications such as sumatriptan Imitrex or zolmitriptan Zomig. Also, some people experience complications from migraines such as: If your migraine lasts for 15 or more days a month for more than three months, you have chronic migraine. People with this complication have severe migraine attacks that last for longer than three days. Persistent aura without infarction. Usually an aura goes away after the migraine attack, but sometimes aura lasts for more than one week afterward. A persistent aura may have similar symptoms to bleeding in the brain stroke , but without signs of bleeding in the brain, tissue damage or other problems. Aura symptoms that last longer than one hour can signal a loss of blood supply to an area of the brain stroke , and should be evaluated. Doctors can conduct neuroimaging tests to identify bleeding in the brain. Prevention Until recently, experts recommended avoiding common migraine triggers. But some of these lifestyle changes and coping strategies may help you reduce the number and severity of your migraines: Transcutaneous supraorbital nerve stimulation t-SNS. This device Cefaly , similar to a headband with attached electrodes, was recently approved by the Food and Drug Administration as a preventive therapy for migraines. In research, those that used the device experienced fewer migraines. Recent research shows that a strategy called learning to cope LTC may help prevent migraines. In this practice, you are gradually exposed to headache triggers to help desensitize you to them. LTC may also be combined with cognitive behavioral therapy. More research is needed to better understand the effectiveness of LTC. Create a consistent daily schedule. Establish a daily routine with regular sleep patterns and regular meals. In addition, try to control stress. Regular aerobic exercise reduces tension and can help prevent migraines. If your doctor agrees, choose any aerobic exercise you enjoy, including walking, swimming and cycling. Warm up slowly, however, because sudden, intense exercise can cause headaches. Regular exercise can also help you lose weight or maintain a healthy body weight, and obesity is thought to be a factor in migraines. Reduce the effects of estrogen. If you are a woman who has migraines and estrogen seems to trigger or make your headaches worse, you may want to avoid or reduce the medications you take that contain estrogen. These medications include birth control pills and hormone replacement therapy. Talk with your doctor about the appropriate alternatives or dosages for you.

**Chapter 4 : STD Facts - Human papillomavirus (HPV)**

*Nearly supporters joined us on October 18, for our Dinner With a Cause event! We celebrated Downtown Women's Center's year history of providing vital programs and services to end women's homelessness in Los Angeles.*

High Testosterone in Women For women, high testosterone levels can mean changes in their appearance or body that can cause distressing symptoms. For example, doctors from the Mayo Clinic say that male-pattern baldness, increase in facial hair, cessation of periods, and even infertility can be some of the upsetting issues that high testosterone in women create. Advertisement Causes of High Levels of Testosterone in Women What could be some of the potential reasons why you may be showing some of the signs of too much testosterone? High blood sugar One common reason why a woman would have higher than normal testosterone is having high blood sugar. Research into the complications of diabetes has found that insulin resistance can result in an excess of androgen hormones in women. For example, the journal Diabetes Metabolism Research and Reviews found that high serum testosterone is common in women with type-2 diabetes. The elevated levels of testosterone could also cause other complication that affects fertility like polycystic ovary syndrome. Researchers said that lowering testosterone levels in women affected by hyperandrogenism is necessary to protect against metabolic disorders. If you already have diabetes, then some of these foods can help to control type-2 diabetes. Hypothyroidism Dysfunction of your thyroid gland could be a reason why you are showing signs of too much testosterone like balding, excess body hairs, or acne. Your thyroid also plays a role in controlling hormones in your body. An underactive thyroid , or hypothyroidism, has been linked to symptoms of high testosterone. Bernard Kernath in the journal Review of Clinical Signs says that hypothyroidism can disrupt the sex hormone-binding globulin and increase free testosterone levels in women. Adrenal gland dysfunction Your adrenal glands produce small amounts of the androgen hormone testosterone, and any dysfunction with them could create imbalances of testosterone, estrogen, and progesterone. Problems with your adrenal glands or tumors in them can increase the level of androgens that are secreted. The journal Dermato Endocrinology says that high male sex hormones in women can be the result of congenital adrenal hyperplasia, which is a group of genetic disorders that affect the adrenal glands. Some of the symptoms of the increase in androgens in women include a reduced ability to conceive, increase in facial and pubic hair, and acne. Being overweight Being overweight or obese could be a reason why you have high testosterone along with high blood sugar levels. Obesity can affect hormone production in both men and women and make it difficult to lose weight. According to research published in the journal Fertility and Sterility, women who are overweight often show symptoms of elevated testosterone. Hyperandrogenism can cause metabolic syndrome that causes excess fat around the waist, high blood pressure, and high cholesterol. Even just walking can help to shed extra pounds and can have a positive impact on your health in general. Lack of exercise Having a sedentary lifestyle and not getting enough exercise could cause testosterone levels to rise above normal for women. The reason that a lack of exercise affects testosterone levels is the impact exercise has on insulin sensitivity. As already noted, blood sugar levels can affect levels of female testosterone. Information published in the International Journal of Sports Medicine reported that exercise is one way to reduce blood sugar levels. For example, a study from showed that upper body fat can cause free testosterone to increase and reduce levels of sex-hormone binding globulin. It was discovered that regular exercising helped to regulate testosterone concentrations. You can find many other exercises to target other areas of your body that you can easily do at home, such as these exercises for butt and legs , inner thighs , jiggly arms and chest exercises. The American Journal of Obstetrics and Gynecology reported that testosterone continues to rise during pregnancy. However, there is a significant rise in testosterone on the 28th week. Doctors think this is something to do with the growing fetus. Polycystic ovary syndrome Multiple cysts on your ovaries are referred to as polycystic ovary syndrome PCOS and is a common symptom of having too much testosterone. Ovarian cysts can affect hormone secretion and cause too much testosterone hormone to be produced. This results in PCOS symptoms like irregular menstruation, infertility, hirsutism increase in body hair , and acne. Weight gain Weight gain can both be a cause and a symptom why some women have higher

testosterone than other women. When testing hormone levels of women suffering from PCOS, doctors found elevated total and free testosterone levels. This results in an accumulation of fat tissue around the belly. Although there are many reasons why teenagers and adults get acne, hormonal imbalances are often to blame. In fact, the Journal of Investigative Dermatology reported that acne is a common sign of hyperandrogenism. In fact, in some women, acne may be the only symptom of high testosterone. For example, tea tree oil contains antimicrobial properties that can help to clear your skin of acne-causing bacteria, and is one of the best essential oils to treat acne. You can also try these effective homemade acne face masks. Of course, if high testosterone is to blame for your acne, you need to balance your hormones to treat the underlying cause. Hair loss from scalp Male-pattern baldness in women or thinning hair is one of the most distressing symptoms of hyperandrogenism and high testosterone levels. The International Journal of Endocrinology Metabolism reported on the connection of hyperandrogenism and female hair loss. It was found that hair loss because of hormonal imbalances often accompanies other symptoms like PCOS, acne, and irregular menstruation. Treatment to lower testosterone is one of the ways to treat female hair loss. This is a condition called hirsutism. According to researchers from the University of Maryland, high testosterone levels are to blame for around half of cases of hirsutism. Along with unwanted hair on your breasts, face, and upper lip, you might have other symptoms like an irregular menstrual cycle, enlarged clitoris, or larger shoulder muscles. A survey taken among women showing signs of hyperandrogenism found that many reported feelings of frustration, depression, excess anxiety, and aggression. Interestingly, women whose testosterone levels were only slightly elevated reported the most severe mood symptoms. Those women who had normal or extremely high testosterone had less severe symptoms. Researchers have found that many women who show signs of PMS have higher testosterone during the luteal phase, which occurs after ovulation and before the start of your period. They concluded that higher than normal androgen levels cause premenstrual irritability and anxiety disorders. The main reason for this is that high levels of androgens can cause polycystic ovary syndrome. Doctors from the Mayo Clinic report that some of the signs and symptoms of polycystic ovarian syndrome are irregular periods, longer periods, excess facial hair, and ovarian cysts. However, high testosterone can cause complications with pregnancy. For example, you could become infertile, have a miscarriage, or give birth prematurely. Vitex agnus-castus Vitex agnus-castus also called chaste tree or chasteberry can help to treat menstrual irregularities and balance your hormones naturally. Scientists found that agnus castus helps to balance follicle stimulating hormone and testosterone. This was found beneficial in treating the symptoms and causes of polycystic ovary syndrome. The journal Steroids reported that studies into the effect of licorice found it effective in treating hyperandrogenism symptoms. Women were given 3. After the second month, serum testosterone levels were significantly reduced. Scientists discovered that herbal spearmint tea has anti-androgen effects. In the study, women consumed 2 cups of spearmint tea a day for a month. In almost all of the patients, free testosterone levels were significantly reduced. It was suggested that spearmint tea is a possible natural treatment for hirsutism in polycystic ovary syndrome. One of the most common ways of regulating the menstrual cycle and female sex hormones is by the oral contraceptive pill. Doctors sometimes prescribe glucocorticosteroids to treat hirsutism in women. The Journal of Endocrinology and Metabolism reported that glucocorticoid therapy lowers testosterone in women with chronic hirsutism. This is a drug to control the symptoms of type 2 diabetes that can also help to decrease testosterone. Even though it has some side effects, it can treat the symptoms associated with PCOS like acne, excess hair growth, and excess weight. Read my related articles:

### Chapter 5 : Cleaning For A Reason | Non-profit | Free House Cleaning for Women w/Cancer

*These are women with motivation for change. The ladies spotlighted in inRegister 's Women with a Cause this year remind us all of the value of human life and how everything can change in an instant.*

Highs and lows commonly coincide with the beginning or end of a relationship or with major life changes, such as pregnancy, menopause or illness. Some medications used for mood disorders also can cause low sex drive in women. If your lack of interest in sex continues or returns and causes personal distress, you may have a condition called hypoactive sexual desire disorder HSDD. Some medications may offer promise as well. Symptoms If you want to have sex less often than your partner does, neither one of you is necessarily outside the norm for people at your stage in life – although your differences may cause distress. Similarly, even if your sex drive is weaker than it once was, your relationship may be stronger than ever. There is no magic number to define low sex drive. It varies between women. Symptoms of low sex drive in women include: The solution could be as simple as changing a medication you are taking, and improving any chronic medical conditions such as high blood pressure or diabetes. Request an Appointment at Mayo Clinic Causes Desire for sex is based on a complex interaction of many things affecting intimacy, including physical and emotional well-being, experiences, beliefs, lifestyle, and your current relationship. Physical causes A wide range of illnesses, physical changes and medications can cause a low sex drive, including: Many nonsexual diseases can affect sex drive, including arthritis, cancer, diabetes, high blood pressure, coronary artery disease and neurological diseases. Certain prescription drugs, especially antidepressants called selective serotonin reuptake inhibitors, are known to lower the sex drive. A glass of wine may put you in the mood, but too much alcohol can affect your sex drive. The same is true of street drugs. Also, smoking decreases blood flow, which may dull arousal. Any surgery related to your breasts or genital tract can affect your body image, sexual function and desire for sex. Exhaustion from caring for young children or aging parents can contribute to low sex drive. Fatigue from illness or surgery also can play a role in a low sex drive. Hormone changes Changes in your hormone levels may alter your desire for sex. This can occur during: Estrogen levels drop during the transition to menopause. This can make you less interested in sex and cause dry vaginal tissues, resulting in painful or uncomfortable sex. Although many women still have satisfying sex during menopause and beyond, some experience a lagging libido during this hormonal change. Hormone changes during pregnancy, just after having a baby and during breast-feeding can put a damper on sex drive. Fatigue, changes in body image, and the pressures of pregnancy or caring for a new baby also can contribute to changes in your sexual desire. Psychological causes Your state of mind can affect your sexual desire. There are many psychological causes of low sex drive, including: Mental health problems, such as anxiety or depression Stress, such as financial stress or work stress Poor body image History of physical or sexual abuse Previous negative sexual experiences Relationship issues For many women, emotional closeness is an essential prelude to sexual intimacy. So problems in your relationship can be a major factor in low sex drive. Decreased interest in sex is often a result of ongoing issues, such as: Lack of connection with your partner Unresolved conflicts or fights Poor communication of sexual needs and preferences Trust issues.

### Chapter 6 : High Testosterone in Women: Causes, Symptoms and What to Do

*Women With A Cause is located in Jamaica, New York. This organization primarily operates in the Rehabilitation Services business / industry within the Social Services sector. This organization has been operating for approximately 25 years. Women With A Cause is estimated to generate \$, in.*

### Chapter 7 : inRegister™: Women with a Cause nominations are open

*Women With A Cause, Inc. 80 likes. Women With A Cause, Inc is a not for profit community based agency founded in*

**Chapter 8 : Women With A Cause - inRegister**

*Known as "Women with a Cause," the honorees will join an impressive club of other fantastic females that have worked to shape Baton Rouge through dedication and love.*

**Chapter 9 : 'inRegister': Women with a cause - Baton Rouge Business Report**

*Woman With a Cause. by Joanne Davidson. Susan Kiely uses her personal experience, her faith and her boundless energy to make the world a better place for many others. The view from an apartment on the 24th floor of the Four Seasons Private Residences Denver offers a panorama of mountains and plains, a beautiful and breathtaking sight that, when you come to think of it, is a metaphor for the.*