

Inspiring
women

*Her
Honor*

Chief Justice
Loretta Rush,
Unfiltered & Unafraid

Mini Greek Yogurt
Cheesecakes
Rich, Creamy & Just the
Right Size!

Heart Attack vs.
Cardiac Arrest

Truth Be Told: One Gives a
Warning. The Other Doesn't Wait.

Truth vs. Assumption
When the Heart Gets It Wrong

Pelvic Floor Weakness
vs. Overactivity

Truth Be Told: Peeing When You
Sneeze Isn't Just "Mom Life"



Letter *from* Franciscan Health

Dear Reader,

We live in a world that often rushes to assumptions. A world where comparison comes easier than connection, where myths circulate faster than truth—and where the quiet strength of women is too often misunderstood or overlooked.

That's why we created this issue of *Inspiring Women* with a singular focus: **Truth Be Told.**

Across these pages, you'll find the difference between fear and disorder, assumption and reality, myth and medicine. From understanding what really separates anxiety from panic attacks to exploring the quiet but fierce leadership of Chief Justice Loretta Rush, each story invites you to pause, reflect and reorient toward what's true.

You'll also find practical insights—from pelvic floor health to internet misinformation—delivered with compassion and clarity. And, as always, we hope to nourish you in every way: body, mind and spirit.

Our devotional this issue begins with Jeremiah 17:9-10 and reminds us that truth isn't always what feels familiar—but it is always what sets us free.

Thank you for joining us on this journey. May this issue leave you more informed, more inspired and more anchored in the truth of who you are and who He is.

In faith and wellness,
The Franciscan Health Team



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Truth vs. Assumption: When the Heart Gets It Wrong

“⁹The heart is deceitful above all things and beyond cure. Who can understand it? ¹⁰I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.”

Jeremiah 17:9-10 (NIV)

We hear it all the time—“Just follow your heart.” It’s stitched on throw pillows, scribbled in planners and echoed in every other movie. The idea sounds sweet and empowering, like our emotions are the most trustworthy guide we have. However, God’s word offers a deeper perspective: Our hearts can be fundamentally flawed.

Jeremiah doesn’t sugarcoat it. The heart is deceitful, not in a shameful way but in a deeply human one. It means we’re vulnerable to assumptions—about ourselves, others and even about God. We might assume someone’s comment was meant to hurt us when they were just having a bad day or think we’re failing as a mom because someone else’s life looks more “together” on Instagram. Maybe we’ve believed the lie that our anxiety disqualifies us from spiritual strength. These are the moments when our feelings speak louder than the truth.

But here’s the good news: God doesn’t leave us there. He doesn’t expect us to navigate the emotional minefield on our own. Verse 10 reminds us that God searches the heart. Not to condemn—but to clarify.

When our hearts start whispering half-truths or leading us down anxious rabbit holes, we need more than just a pep talk. We need discernment. We need the clarity that only comes from the Holy Spirit and Scripture—truth that cuts through the noise.

This theme—truth versus assumption—is prevalent throughout our lives. We confuse comparison for inspiration, self-care for self-indulgence, or assume a moment of panic means we’re weak. We see symptoms in our bodies and jump to worst-case scenarios. We read a headline online and take it as gospel. But clarity—real, freeing clarity—comes when we bring our thoughts, our fears and yes, even our feelings, into the light of God’s truth.

So if your heart is loud right now—if it’s telling you things that leave you spinning—pause. Ask God to help you separate emotion from reality, fear from faith, assumption from actual truth. His word doesn’t shift with culture or mood swings. It stands, and so can you. ●

Pelvic Floor Weakness vs. Overactivity

Truth Be Told: Peeing When You Sneeze Isn't Just "Mom Life"

Pelvic Floor Weakness vs. Overactivity: What's the Difference?

Whether you've laughed too hard, sneezed too suddenly or rushed to the bathroom only to be a second too late, pelvic floor issues are incredibly common—and they happen to women of all ages, not just new moms. Here's the part most people don't know: Leaking isn't always caused by weakness.

For many women, the problem is actually overactivity—a pelvic floor that's clenched, tense and never fully relaxed.

If you've felt embarrassed, confused or unsure about what's happening "down there," you're far from alone. And more importantly, you're not stuck with it. Help exists, and healing is absolutely possible.

	Weak Pelvic Floor	Overactive Pelvic Floor
What It Feels Like	Leaking urine when sneezing, coughing or exercising	Urgency, pain, incomplete emptying, pain during intimacy
Common Causes	Pregnancy, childbirth, aging, obesity	Stress, trauma, chronic clenching, poor posture
Treatment Focus	Strengthening with kegels and core exercises	Learning to relax, breathe and release tension
Important Note	Weak doesn't mean broken	Tight doesn't mean strong

What Is the Pelvic Floor, Exactly?

Think of the pelvic floor as a supportive hammock of muscles at the base of your pelvis. These muscles help keep your bladder, uterus and rectum in the right place, and they're involved in so much more than we tend to realize.

They influence posture, stability, bowel and bladder control, intimacy, childbirth and even your breathing patterns. When these muscles aren't functioning properly—whether too weak or too tight—you feel it in ways that can affect your daily life and confidence.

When to Seek Help

Pelvic floor issues aren't something you need to power through or "just deal with." They are real, legitimate medical concerns—and they are treatable.

Pay attention if:

- You leak urine or gas during everyday movement
- You feel pelvic pressure or heaviness by the end of the day
- Intimacy is painful or uncomfortable
- You struggle to fully empty your bladder or bowels
- You avoid exercise, jumping, running or laughing too hard
- You're skipping activities because you're afraid of leaking

A pelvic floor physical therapist is trained to help you understand what your body actually needs—whether that's strengthening, stretching, releasing tension or a mix of both.

Faith + Wholeness

God designed every part of your body with intention—even the ones we don't often name out loud.

Restoring dignity to your physical self is part of healing, part of wellness and part of honoring the body He gave you.

You are not broken.

You are not alone.

You are not too late for healing.

"There is a time to heal... a time to embrace and a time to refrain."
—Ecclesiastes 3:3, 5 (NIV)

What Every Woman Should Know About Her Pelvic Floor

1. It's Not Just About Childbirth

Even women who've never had a baby can experience pelvic floor dysfunction. Hormones, aging, posture, stress and long hours of sitting can all play a role.

2. Kegels Aren't Always the Answer

While kegels help some women with weakness, others actually need the opposite—relaxation and release. Doing kegels on an already tight pelvic floor can increase pain, urgency and leaking.

3. Leaking Is Common But Not Normal

You don't need to cross your legs every time you cough or avoid workouts you once loved. These symptoms are treatable, and you deserve to feel confident and in control again.

4. Your Pelvic Floor Is Connected to Your Whole Body

Tight hips, low-back pain, core weakness, stress and even breathing patterns can affect pelvic floor function. Sometimes improving pelvic health starts with strengthening—or relaxing—other areas first.

5. Help Exists—and It Works

Pelvic floor physical therapy is gentle, respectful and tailored to your body. It's not something to feel embarrassed about; it's something to feel empowered by. ●

"She is clothed with strength and dignity." —Proverbs 31:25 (NIV)



Learn more about pelvic floor care with Franciscan Rehabilitation Services.





ASK AN EXPERT

Orthopedics

Bernardo Israel Yahuaca, MD

Orthopedic Surgery

Franciscan Physician Network, Michigan City, IN

1. Does bone loss only start after menopause, or should younger women be concerned, too?

Bone density actually begins to decline in your 30s. Menopause accelerates that loss, but building strong bones early is crucial for preventing osteoporosis later.

2. If I have joint pain or arthritis, should I avoid physical activity to prevent further damage?

No! Joints like to move. Gentle movement like walking, stretching or water aerobics often reduces joint pain. Staying active helps maintain mobility and reduce stiffness.

3. Is it normal for women to have more joint pain as they age, or should I seek treatment?

Some wear and tear is expected, but chronic pain is not something to ignore. Early treatment can preserve joint function and improve your quality of life.

4. Do orthopedic issues only affect athletes or people with physically demanding jobs?

No. Everyday activities—desk jobs, lifting children, housework or even poor posture—can lead to orthopedic injuries, especially as women age or go through hormonal changes.

5. Can wearing high heels or improper shoes cause long-term joint or back problems?

Yes. Poor footwear can affect posture, strain joints and contribute to back, knee or foot pain over time. Supportive shoes are important for joint health.

6. If an X-ray doesn't show anything wrong, does that mean my pain isn't real?

Not at all. Soft tissue injuries, early-stage arthritis and nerve pain often don't appear on X-rays. Physical or clinical evaluation may be needed prior to further imaging.

7. Why are women more prone to certain orthopedic injuries than men?

Due to differences in anatomy, hormones and muscle patterns, women are more prone to injuries like ACL tears, especially during physical activity.

8. Can pregnancy-related changes to posture and joints cause lasting orthopedic issues?

Yes. Loosening of ligaments, shifting posture and extra weight can lead to back, hip or pelvic pain that sometimes lingers after pregnancy.

9. Do supplements like calcium and vitamin D actually help protect my bones?

Yes. Calcium and vitamin D support bone strength, especially when combined with weight-bearing exercise. They're key in preventing osteoporosis.

10. Is joint replacement surgery inevitable if I have chronic joint pain, or are there alternatives?

Not always. Physical therapy, injections, lifestyle changes and medication can often manage symptoms. Surgery is typically a last resort after other options are explored.



HAVE MORE QUESTIONS FOR YOUR DOCTOR? SCAN THE QR CODE TO FIND A PROVIDER NEAR YOU.



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HER HONOR

*Chief Justice Loretta Rush,
Unfiltered & Unafraid*

Queen and David Bowie's "Under Pressure" filled the space—music pulsing with urgency, humanity and hope—when the announcement came: Loretta Rush had just been named chief justice of the Indiana Supreme Court. It was a fitting soundtrack, even if she didn't know it yet, because few lives illustrate grace under pressure quite like hers.

Today, Chief Justice Loretta Rush is known as a trailblazer—the first woman to serve as Indiana's chief justice, a national leader in judicial reform and a fierce advocate for children, families and access to justice. But to truly understand her leadership, you must look beyond the titles and into the quieter, steadier rhythms of her life: a childhood shaped by constant movement, a home filled with faith and resilience, a career built not on ambition alone but on service and a heart that has never stopped making room for others.

A Childhood on the Move

Loretta Rush was born in 1958 in Pennsylvania, but “home” was a fluid concept growing up. Her father worked for the railroad, a job that required her family to move nearly every year. By the time she reached adulthood, she had lived in 16 different places.

That kind of childhood can leave a mark. For Loretta, it meant learning early to adapt, observe and read a room. Each new school brought fresh introductions and unfamiliar faces. She was shy. She also had a speech impediment—an added challenge when teachers went up and down the aisles asking children to introduce themselves.

Yet those early experiences quietly forged skills she would rely on later: empathy for the outsider, sensitivity to vulnerability and an ability to acclimate without losing herself. Moving constantly taught her how to listen first, how to understand before speaking and how to stand steady even when everything around her shifted.

Eventually, her family landed in Indiana when her father began selling school buses. It would become the place where Loretta put down roots, built a family and found her life’s work. That transient upbringing, once a challenge, became the soil from which her empathy and endurance would bloom.

Finding Her Voice & Her Calling

Loretta did not grow up dreaming of becoming a judge. In fact, she had never met a lawyer or a judge before law school. She entered Purdue University intending to become an engineer, supported by a scholarship and a strong academic record, but she soon realized something was missing.

She wanted to think, to question, to explore ideas beyond equations. Philosophy, history, government—these were the subjects that lit her up. So she pivoted, changing majors and eventually earning a degree in sociology, history, economics and government, with a minor in business.



Loretta's Family With Their Taxi Cab in the 1970s



Loretta's Senior Photo, Purdue University (1980)

"I always tell young women not to get hung up on where they start. Because you probably won't end there."

That willingness to change direction became one of her defining traits.

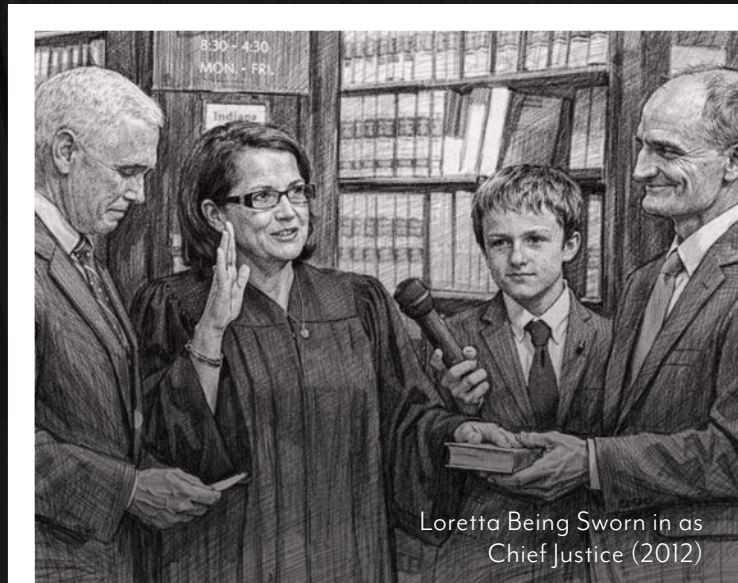
During college, Loretta also found her voice as an advocate. Even before she held a gavel, she was challenging systems, advocating for equality and refusing to accept “that’s just how it is.” She ran track, swam and wrote for the school newspaper, speaking out when women athletes were denied the same recognition as men. The injustice was small by some standards—a missing letter jacket—but it mattered. And she spoke up.

“I always tell young women not to get hung up on where they start,” she says now. “You probably won’t end there.”

On a whim—and encouraged by friends—she took the LSAT. Soon after, she found herself at Indiana University’s law school in Bloomington, captivated by constitutional law and the power of a then 200-year-old document that had shaped centuries of justice.

What resonated most wasn’t prestige. It was purpose.

The idea that law could bring clarity to chaos, resolution to conflict, dignity to people who felt unseen—it stayed with her.



Loretta Being Sworn in as Chief Justice (2012)

CONTINUE READING ▶▶▶



The Rush Children on Their First Day of Catholic School in the mid-2000s

"Enjoy the chaos, because it goes by fast."



Loretta With Her Husband and Children (2012)

Love, Faith & Life Built Together

Loretta met her husband, Jim, during her junior year of college at a sorority dance. Independent and driven, both pursued their own paths while supporting each others' callings. She thought, at first, that he might become a priest. Years later, that instinct proved true in another way—Jim is now a deacon in the Catholic Church.

They married in 1982, while Loretta was still in law school, beginning a partnership that has spanned for more than four decades. Their marriage has been rooted in shared faith, mutual respect and an understanding that vocation takes many forms.

Together, they built a family marked by both joy and heartbreak. After enduring the pain of a stillbirth, they adopted their son Jake as an infant. Soon after, they welcomed daughters Mary and Sarah—three children in diapers at once while Loretta worked as an associate attorney. Several years later, they welcomed Luke, their youngest son, to the family.

"It was chaos," she says with a laugh. "You just roll with it."

But even then, she was intentional. When one of her children needed physical therapy, Loretta reduced her work schedule. She planned court around track meets and swim meets. Homework happened side by side. Presence mattered more than perfection.

To her children, she wasn't just a mother in title—she was a mother in presence. And that, Loretta would say, is the legacy that matters most.

Choosing Service Over Comfort

After 16 years in private practice—many of them as the first woman partner at her firm—Loretta felt a pull toward something more. She had already devoted countless hours to pro bono work, representing women at shelters, children in foster care and families navigating crisis.

When community leaders encouraged her to run for juvenile court judge, she hesitated. Like many women, she hadn't envisioned herself in the role until someone else suggested it.

Then she stepped up.

As a juvenile judge, Loretta Rush transformed lives not through leniency or severity alone but through respect. Respect became her courtroom's cornerstone and restoration its quiet mission. She believed that accountability and compassion could coexist. She developed programs for truancy, substance abuse and rehabilitation. She partnered with schools, law enforcement and social services to build systems that worked for children—not against them.

Her courtroom walls were filled with drawings and pictures of children who passed through her court. Years later, some of those children would recognize her at the Statehouse and proudly say, "You were my judge!"

Under Pressure Yet Anchored in Faith

Just weeks after being elected judge, tragedy struck. A child she had previously advocated for—now an adult she had not seen or heard from in several years—broke into the Rush family home. Deeply traumatized and suffering from mental issues, he violently attacked her husband. Loretta rushed her children upstairs to hide and then was seriously injured jumping out of a second-story window to get help. A neighbor, the late Doug Eberle, aided her husband in detaining the intruder until the police arrived. Her family was shaken.

In the aftermath, their home was filled with therapists, priests and loved ones. Healing was slow. But her faith never wavered.

When she later asked her children what they remembered most from that terrifying night, her daughter answered simply: "I was just upstairs praying."

CONTINUE READING ▶▶▶

Loretta sought therapy. She leaned on her husband's spiritual strength. And she returned to the bench more committed than ever to protecting children, families and the rule of law.

"You can't let evil win," she says quietly. Instead, she let love lead—into healing, into purpose, into fiercer protection for those most vulnerable.

A Reluctant Trailblazer

In 2012, when Indiana had no women on its Supreme Court, Loretta applied—again without expectation. Her mother, then living with her, reviewed the application with a mix of pride and disbelief.

Loretta was appointed. Soon after, her mother passed away.

When the chief justice position opened a year and a half later, Loretta once again hesitated. She was the newest justice. But she applied.

That's when "Under Pressure" played.

Since then, she has been reappointed chief justice multiple times, served as president of national judicial conferences and represented the United States abroad, studying justice systems across the world. Everywhere she goes, she carries the same conviction: Justice must be accessible, humane and grounded in dignity. She never chased titles—but when called, she answered with quiet courage.

When the Judiciary Faces Violence

In January 2026, another chapter of pressure and protection unfolded in Tippecanoe County, when longtime Tippecanoe Superior Court 2 Judge Steven P. Meyer and his wife, Kimberly Meyer, were

shot in their Lafayette home in a targeted attack that stunned the legal community and the public alike. The shooting occurred in broad daylight and left both Judge Meyer and his wife injured; they were hospitalized and treated for wounds before beginning recovery. The incident triggered a multiagency investigation and a series of arrests of people who were charged with attempted murder and conspiracy related to the attack.

Chief Justice Rush responded swiftly and with conviction. Within hours, she issued a statewide message to fellow judges, expressing deep concern for the Meyers' well-being and condemning violence against members of the judiciary and their families as "completely unacceptable." Rush emphasized the importance of safety for judges as they carry out their duty to uphold the rule of law and called for vigilance regarding personal security.

In the days that followed, Chief Justice Rush took practical steps to support the court system's continuity and its officers' sense of safety. She presided over a judicial security webinar attended by nearly 200 Indiana judges alongside security experts, highlighting ongoing efforts to improve protections for judges and court staff in the wake of the shooting. The Supreme Court also moved promptly to appoint a special judge and senior judges to ensure that cases in Tippecanoe Superior Court continued without interruption while Judge Meyer recovered.

Rush's leadership in that moment—combining compassion, concern for community safety and decisive administrative action—reflected a deep commitment to both the people who serve in the judiciary and the citizens whom they are sworn to protect.

A Life Still Expanding

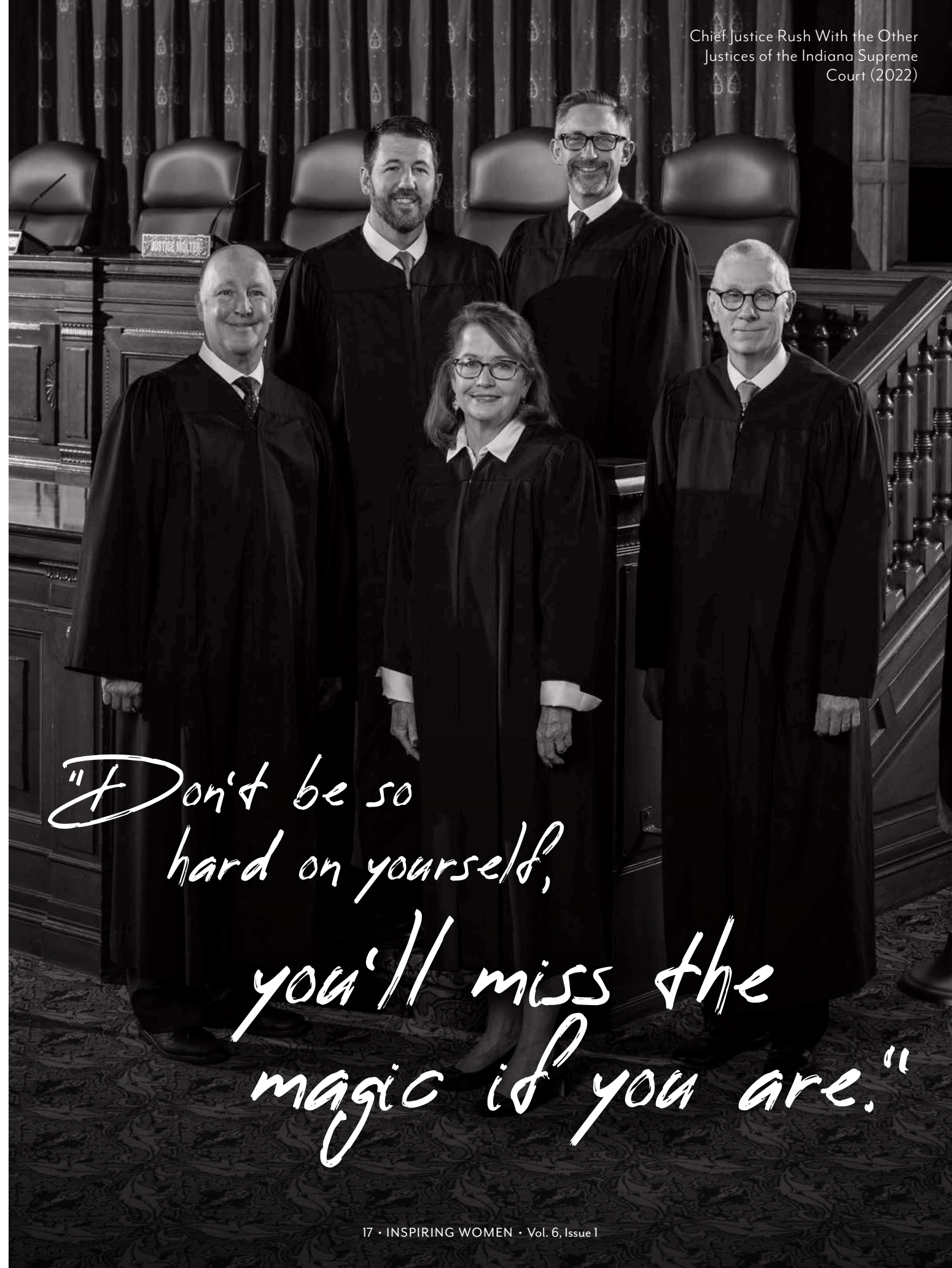
At home, Loretta is now a grandmother to five. She cooks, travels, attends Broadway shows and plans Paris trips with her grandchildren. She takes annual retreats to refill her spiritual well. Each morning begins in silence and prayer—because, she says, if she isn't centered, she can't lead others well.

She mentors young women relentlessly, reminding them not to wait for permission, not to chase perfection and not to underestimate their own resilience.

"Don't be so hard on yourself," she says. "You'll miss the magic if you are."

Under pressure, Loretta Rush didn't break—she became a refuge—for justice, for family, for faith.

And that may be her greatest legacy of all. ●



"Don't be so hard on yourself, you'll miss the magic if you are."

Inspiring Women Puzzle

Spot the 10 Differences



Real vs. Fake Internet Posts

Truth Be Told: Not Everything Online Deserves Your Trust

We've all been there—Googling symptoms at midnight, watching “Christian advice” reels on social media or getting caught in a comment thread that leaves us feeling more confused than comforted.

The internet is a powerful tool, but it's also a landmine of misinformation, opinions disguised as truth and content that looks holy on the surface but strays from Scripture underneath. So how do you know what's real and what's not?

Let's break it down.

Red Flags: When to Pause Before You Share, Save or Follow

“Too Good to Be True” Health Hacks

If a supplement, product or trend promises instant healing, rapid weight loss or “natural cures” without any medical backing—be cautious.

Scripture Taken Out of Context

A beautifully designed Bible verse can feel inspiring—but check the surrounding verses. Is the post pushing a message that fits someone's agenda more than God's?

Fear-Based Clickbait

Headlines like “Doctors Don't Want You to Know This” or “What the Church Isn't Telling You” often rely on fear, not facts. Truth doesn't need manipulation.

Anonymous Sources and AI-Generated Advice

If there's no credible author, no sources cited or the content reads like it was churned out by a robot—it might be.

What to Look for Instead

Credible Experts and Reputable Sources

When it comes to health, start with licensed professionals and trusted faith-based organizations.

The Fruit Test (Matthew 7:16)

Ask yourself: What is this content producing in me? Peace, wisdom and clarity—or anxiety, division and confusion?

Scripture-Rooted Discernment

God won't contradict His Word—online or offline. If advice doesn't align with biblical truth, it's not from Him.

Humility and Accountability

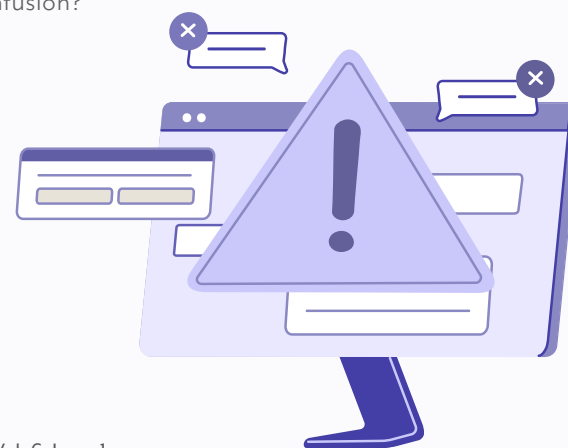
Real truth doesn't need to shout. Look for voices that are teachable, not prideful—those who welcome questions and point to Christ, not themselves.

Quick Discernment Prayer

“Lord, help me separate truth from noise. Give me eyes to see what is of You and a heart that's slow to react and quick to seek wisdom.”

Bottom Line

The internet is full of opinions. God offers truth. Slow down, scroll with discernment and don't be afraid to question what everyone else seems to be reposting.



Carrot Turmeric Red Lentil Stew

PREP: 10 minutes

COOK: 15 minutes

SERVES: 4

This lentil stew is a quick and hearty option for those looking for meat alternatives. It's high in protein and packed with flavor.

Ingredients

- 1 Tb. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups red lentils
- 2 tomatoes, diced
- 2 large carrots, peeled and sliced
- 6 cups vegetable broth
- ½ tsp. turmeric
- ½ tsp. cumin
- ½ tsp. black pepper
- Fresh cilantro, chopped for garnish
- Lime juice, for serving

Directions

- 1 | Sauté onion, carrot and garlic with olive oil until fragrant (about 3 minutes) in a large pot over medium-high heat.
- 2 | Mix in tomatoes and continue cooking for 2 more minutes until broken down. Mix in red lentils, cumin, turmeric and vegetable broth.
- 3 | Bring the pot to a boil on high heat.
- 4 | Once boiling, reduce the heat to a simmer and cook, uncovered, for 12 to 15 minutes, or until the lentils are cooked through.
- 5 | Garnish with lime juice and cilantro to taste and serve warm!

PCOS vs. Endometriosis

Truth Be Told: Separate Disorders With a Shared Misunderstanding

WHAT'S THE
BEST THAT
COULD HAPPEN?

Inspiring
women

PCOS vs. Endometriosis: What's the Difference?

When your cycle feels unpredictable, painful or just off, it's easy to wonder what's going on and even easier to feel dismissed. Two of the most common conditions affecting women today are PCOS and endometriosis, but because they share a few overlapping symptoms, many women go years without clarity.

Understanding the difference between these two conditions can help you ask better questions, seek the right treatment and stop blaming your body for things that aren't your fault.

Let's break it down with compassion, clarity and the reassurance you deserve.

	PCOS (Polycystic Ovary Syndrome)	Endometriosis
Cause	Hormonal imbalance (high androgens)	Endometrial tissue growing outside the uterus
Common Symptoms	Irregular periods, excess hair growth, acne, weight gain, infertility	Painful periods, pelvic pain, painful intercourse, infertility
Diagnosis	Ultrasound + blood tests (no single test confirms it)	Laparoscopy (surgical diagnosis)
Cycle Impact	Irregular ovulation or none at all	Often regular cycles but very painful
Treatment Options	Lifestyle changes, hormone therapy, fertility support, metabolic care	Pain management, hormone therapy, surgery, fertility support
Long-Term Risks	Type 2 diabetes, heart disease, uterine cancer	Chronic pain, ovarian cysts, bowel/bladder complications

Real Talk About Your Hormones

Hormonal and reproductive disorders are invisible to the outside world, but they can be life-altering on the inside. Many women spend years feeling dismissed, confused or ashamed simply because they've been told, "that's normal," or "just relax." If you've ever felt that way, here are truths worth holding onto:

- ✦ It's not "all in your head." If something feels wrong, trust your instincts and keep asking questions.
- ✦ Second opinions are not only ok—they're wise. Many women go years before receiving an accurate diagnosis.
- ✦ Faith and medicine can work together. Seeking treatment is not a lack of faith; it's an act of stewardship.
- ✦ Infertility does not define you. Your womanhood isn't measured by your fertility journey.
- ✦ God sees every part of your struggle, even the symptoms no one else knows about. He is present, compassionate and near.

Think of this section as a circle of women around you saying: "You're not imagining things, and you don't have to walk this alone."

Faith + Body Connection

Hormonal struggles can feel clinical on paper but personal in real life—impacting identity, relationships and even spiritual peace.

*"You created my inmost being; you knit me together in my mother's womb."
—Psalm 139:13*

Your body—every hormone, every cycle—is intentionally crafted. Hormonal disorders aren't spiritual failures; they're part of living in a world that isn't fully whole.

God is not limited by your diagnosis. He walks with you through appointments, treatments and tearful nights. Keep seeking help. Keep asking questions. And remember: You are still deeply and wonderfully made.

5 Signs It's Time to See a Specialist

Sometimes symptoms blend together or quietly worsen over time. These are gentle red flags that deserve attention, not dismissal:

1. Your periods are missing, irregular or unusually heavy.

If it's been more than three months without a period—or if you're bleeding for more than 10 days—it's time to talk to a provider.

2. You're in pain more days than not.

Intense cramps, pelvic pressure or discomfort during everyday activities are not "just part of being a woman." Pain is a message, not a personality trait.

3. You're struggling with unexplained weight changes, hair growth or acne.

These shifts can point to hormonal imbalance—especially if they happen suddenly or are getting worse.

4. You've been trying to get pregnant for over a year (or six months if over 35).

Early support can make a significant difference physically, mentally and emotionally.

5. You feel dismissed, confused or overwhelmed.

If your concerns aren't being taken seriously, it's absolutely okay to find a provider who listens. You're not seeking attention—you're seeking answers.

Truth Be Told: Navigating hormonal disorders isn't easy, but you don't have to walk this journey confused or alone. Painful cycles, unpredictable symptoms, unanswered questions—your concerns are real, and your voice matters.

Understanding your body is strength. Seeking help is stewardship. And through every appointment, test and uncertain moment, God is with you—steady and present. ●



To learn more about symptoms and treatment options, make an appointment with Franciscan Physician Network Obstetrics & Gynecology by scanning here.

Anxiety vs. Panic Attacks

Truth Be Told: They are Related—But They Aren't the Same.

You're lying in bed and suddenly your chest tightens. Your mind spirals. Your heart starts pounding. You wonder, "Am I having a heart attack ... or am I just overreacting again?"

Truth be told, many women suffer in silence because they're not sure what they're experiencing—or whether it's "serious enough" to ask for help. Anxiety and panic attacks are related, but they're not the same, and understanding that difference can help you feel more grounded, not more overwhelmed.

Let's break this down with compassion and clarity, so you can recognize what's happening and know how to respond.

Anxiety: The Background Buzz

Anxiety often shows up quietly, threading itself through your thoughts and your body. It feels like racing thoughts that won't turn off, trouble falling asleep, overthinking small decisions and carrying tension in your shoulders, jaw or stomach. It tends to build gradually—sometimes tied to stress at work, pressure at home, hormonal shifts, health concerns or unresolved grief.

Unlike a panic attack's sudden intensity, anxiety can linger for days or weeks. It's that constant hum beneath the surface, telling you to stay alert even when nothing dangerous is happening.

Spiritually, anxiety can feel like uncertainty pulling you away from peace. But Scripture reminds us that God meets us in that very place—not with shame but with comfort.

"Cast all your anxiety on him because he cares for you." —1 Peter 5:7

Panic Attacks: The Sudden Storm

A panic attack is different. It arrives fast and without warning—like a storm that rolls in out of a clear sky. Your heart races out of nowhere, your body feels shaky or dizzy, your chest tightens and you may feel detached from yourself or convinced that something terrible is happening. The fear peaks quickly, often within ten minutes, and while it usually fades within an hour, it leaves exhaustion in its wake.

What makes panic attacks especially difficult is the fear of experiencing another one. That fear can lead to avoiding places, situations or activities—adding another layer of anxiety on top of everything else.

It's important to note: You can have anxiety without panic attacks, and you can have panic attacks even if you don't feel anxious beforehand.

So What Can You Do?

Caring for your mental wellness is a whole-body, whole-heart journey. Anxiety and panic don't just affect your mind—they touch your sleep, your energy, your relationships, your rhythms and even your faith. That's why healing often requires a layered approach: practical tools, emotional support, spiritual grounding and sometimes professional care.

The good news? You don't have to tackle everything at once. Small steps make a real difference. When you're feeling overwhelmed, choosing one supportive action—one breath, one prayer, one grounding technique, one conversation—can bring you back to steadiness. And you deserve that kind of support, compassion and care every single day.

When You're Facing Ongoing Anxiety

Creating rhythms of steadiness in your day can help calm the internal buzz. Gentle spiritual practices like prayer, breathwork or journaling help ground your thoughts. Cutting back on caffeine, practicing grounding techniques (like identifying five things you can see, four you can touch, etc.), and talking with a therapist or counselor can all make a meaningful difference.

When a Panic Attack Hits

The most important thing is not to fight it. Instead, breathe through it and remind yourself, "This is uncomfortable, but it's not dangerous." Many women find comfort in having a "calm-down toolkit"—a rosary, essential oils, a comforting verse or a playlist that helps soften the moment. And just like anxiety, panic attacks benefit from support. Seeking help is not a sign of weak faith—it's a sign of wisdom.

Final Thought: You're Not Failing—You're Human

Anxiety and panic are not reflections of weak faith, poor coping skills or a lack of strength. They're signals—your mind and body's way of calling for care, attention and compassion. Instead of shaming yourself for how you feel, let those moments draw you toward support and toward the God who cares deeply for every part of your health, including your nervous system.

Truth Be Told: You're not alone in this, and you don't have to navigate it by yourself. ●



Learn more about our mental health services at Franciscan Health.

Arthritis vs. Osteoporosis

Truth Be Told: Achy Bones & Joints Aren't Just "Getting Older"

What's Really Going On?

When your knees hurt climbing the stairs or your back aches after a full night's sleep, it's easy to shrug and say, "Well ... I'm just getting older."

But here's the truth:

Not all bone and joint pain is a normal part of aging. Ignoring those small aches now can make things much harder later.

Two of the most common conditions in women over 40 are arthritis and osteoporosis. Their names sound similar, but what they do inside the body is very different. Understanding the difference can help you ask better questions, get proper treatment and feel empowered instead of frustrated.

Let's break it down—simply, clearly and with plenty of grace.

	Arthritis	Osteoporosis
What It Affects	Joints—causing inflammation, stiffness and pain	Bones—making them weak, brittle and more likely to break
Common Symptoms	Joint pain, swelling, limited mobility, stiffness	Often no symptoms until a fracture occurs
Onset	Gradual, worsens over time or with use	Silent and slow—often discovered through a bone scan
Risk Factors	Age, genetics, joint injury, autoimmune conditions	Menopause, low calcium or vitamin D, inactivity, smoking
Treatment Focus	Managing inflammation, preserving joint function	Strengthening bones, preventing fractures

How to Tell When Something's Not Quite Right

Bone and joint issues don't always announce themselves loudly. Sometimes they whisper. Sometimes they quietly change how you move. And sometimes you don't notice until a doctor points something out. Here are signs worth paying attention to:

- ✦ You wake up stiff and stay stiff for more than 30 minutes.
- ✦ Your fingers, knees or hips are swollen, tender or painful.
- ✦ You've lost height or noticed your posture curving forward.
- ✦ You've experienced a fracture from a small—or even no—impact.
- ✦ You're over 50 and haven't had a bone-density scan.

These don't automatically mean you have arthritis or osteoporosis, but they do mean your body is asking for a little more attention.

Faith + Physical Strength: What God Says About Your Changing Body

It's easy to feel discouraged when your body doesn't bend, stretch or bounce back the way it used to. But hear this clearly: Your value doesn't decrease when your strength does.

God's view of you doesn't shift with your age, mobility or X-ray results.

"Even to your old age and gray hairs I am he, I am he who will sustain you."
—Isaiah 46:4

Caring for your bones and joints isn't about vanity—it's about stewardship. Strength, balance and mobility allow you to serve, move, love your people well and live the life God designed for you.

Bone and Joint Stewardship: 5 Simple Daily Habits

These small, consistent choices protect your long-term mobility and energy:

1. Move Regularly—Even Gently

Walking, swimming, stretching or light resistance training keep joints lubricated and bones strong. Even 10–15 minutes a day makes a difference.

2. Prioritize Posture

Your posture affects everything—your spine, your hips, your shoulders. Lift through the chest, soften the shoulders and take intentional breaks from screens.

3. Nourish With Purpose

Choose foods rich in calcium (leafy greens, yogurt, almonds), vitamin D (eggs, fish, fortified milk) and plenty of protein to support muscle and bone integrity.

4. Stay Hydrated

Joints need fluid to move well. Dehydration stiffens everything. Turn hydration into a spiritual rhythm—sip and pray throughout the day.

5. Pray for Strength—Not Just Healing

Ask God for endurance, patience, peace and the ability to adapt. Strength isn't only physical; it's emotional and spiritual too.

"He gives strength to the weary..."
—Isaiah 40:29

What to Ask at Your Next Checkup

Your doctor can only help you work toward a solution if they know a problem exists. Bring these questions to start a real, proactive conversation:

- Should I get a bone-density scan based on my age or history?
- Are my vitamin D and calcium levels in a healthy range?
- Is my joint pain arthritis or something else?
- What lifestyle changes would best support my bones and joints?
- Are there supplements or medications that could help me?
- How can I stay active if I'm already dealing with pain?

Truth Be Told: You're not expected to have all the answers, but you do deserve them. You deserve a doctor who listens, a plan that makes sense and a path forward that's filled with hope, not confusion. Paying attention to your body isn't overreacting; it's honoring the way God designed you. When something feels "off," it's not a personal failure, but an invitation to get the clarity, care and the support you need to stay strong for the life you're called to live. ●



Learn more about orthopedic care at Franciscan Health.



Confidence vs. *Pride*

Truth Be Told: One Stands on Grace. The Other Stands Alone.

We all want to feel confident, steady, capable and sure of who we are. Many women hesitate to embrace confidence because it's been tangled up with ideas of arrogance or self-importance. Instead of standing tall, we shrink. We downplay our gifts, deflect compliments and convince ourselves that humility means staying small. What if we've misunderstood the difference?

Confidence and pride may look similar from the outside, but their foundations—and their outcomes—are completely different. One is grounded in God's truth. The other is grounded in self.

Pride Says ...

Pride often speaks in ways that sound bold but leave us spiritually empty. It insists, "*I don't need help,*" claims, "*I'm better than her*" and declares, "*This is my doing.*" Pride puffs up, but beneath its

surface is usually fear—fear of not being enough, fear of losing control, fear of being seen as weak. It resists correction, thrives on comparison and forgets the true source of our gifts. At its core, pride is rooted in self-glorification: *Look at me.*

"When pride comes, then comes disgrace, but with humility comes wisdom." —Proverbs 11:2

Confidence Says ...

Confidence speaks differently. It acknowledges truth with humility: "*God gave me this gift.*" It responds with gratitude—"*I'm grateful, and I'll use it well.*" And it's anchored in identity: "*I'm enough because He is.*" Confidence doesn't boast—it believes. It stands firm in who God says you are. It welcomes growth, receives encouragement and helps others rise alongside you. Its foundation is identity: *I know Whose I am.*

"So we say with confidence, 'The Lord is my helper; I will not be afraid.'" —Hebrews 13:6

The Shift: How to Go From Pride to Confidence

Check Your Motives

Are you seeking applause or serving a purpose? Pride performs to be seen. Confidence steps forward to answer a calling. Ask God to help you walk this line with honesty and intention.

Celebrate Without Apologizing

Confidence is not about superiority but showing up fully without shrinking. Celebrate your growth. Use your gifts boldly. Give glory where it's due.

Stay Teachable

Pride resists correction, but confidence welcomes it. Confident women listen, learn and grow. They aren't afraid to admit when they're wrong because their identity isn't fragile.

Remember the Source

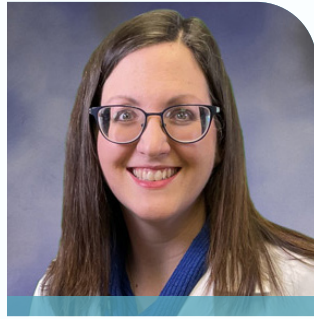
Your worth isn't something you earn—it's something you receive. You walk in the strength of the One who made you. That's your foundation.

Lift Others Up

Confidence doesn't compete—it creates space. Pride needs to be the best in the room, but confidence celebrates the best *in others*. When you lift someone up, you reflect the character of Christ and reinforce the truth that there's room for all of us to flourish.

Bottom Line

Pride puts self at the center, but confidence puts Christ there. It allows you to be bold and humble, strong and surrendered, gifted and grounded—all at the same time. You don't have to choose between confidence and faith. They were always meant to go together. ●



ASK AN EXPERT

Diabetes

Brooke E Pletcher, MD
Family Medicine
Lafayette, IN

1. Can thin women develop type 2 diabetes, or is it only a risk for those who are overweight?

Yes, thin women can develop type 2 diabetes. While excess weight increases risk, genetics, age, hormonal changes and insulin resistance also play key roles.

2. Is it true that gestational diabetes completely goes away after pregnancy?

Gestational diabetes typically resolves after delivery, but women who've had it have a much higher risk of developing type 2 diabetes later in life.

3. Do women with diabetes need to avoid all carbohydrates and sugar entirely?

No. Carbohydrates can still be part of a balanced diet. The key is portion control, choosing high-fiber carbs and pairing them with protein or healthy fat to manage blood sugar.

4. Is insulin a sign that my diabetes has gotten worse or that I've failed to manage it?

Not at all. Needing insulin doesn't mean failure—it simply means your body needs additional support. Insulin is a safe and effective part of diabetes care.

5. If I don't have any symptoms, can I still have prediabetes or early-stage diabetes?

Yes. Many women have no clear symptoms in the early stages. That's why regular screenings—especially after age 45 or during pregnancy—are important.

6. Does diabetes only affect blood sugar, or can it lead to other health complications in women?

Diabetes affects the whole body. If unmanaged, it can increase the risk of heart disease, kidney disease, vision problems, nerve damage and complications during pregnancy.

7. Are natural remedies or "cleanses" safe or effective for reversing diabetes?

There's no quick fix or proven cleanse that can cure diabetes. Some lifestyle changes can improve or even reverse type 2 diabetes—but they should always be done under medical guidance.

8. Is it true that once I'm diagnosed with diabetes, my lifestyle can't make a difference?

False. Healthy eating, regular activity and stress management can significantly improve blood

sugar levels and overall health—sometimes reducing the need for medication.

9. Does menopause impact blood sugar levels and diabetes risk?

Yes. Hormonal shifts during menopause can affect insulin sensitivity and blood sugar levels, making diabetes harder to manage or increasing your risk.

10. If diabetes runs in my family, is it inevitable that I'll develop it too?

Not inevitable. While family history raises your risk, healthy lifestyle choices can delay or even prevent the onset of diabetes in many cases.



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JOINT PAIN? KNOW WHEN TO SEE A DOC.

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Type 1 vs. Type 2

Truth Be Told: Diabetes Isn't One-Size-Fits-All

Type 1 vs. Type 2 Diabetes: What's the Difference?

Diabetes is one of the most misunderstood chronic conditions—especially for women. Chances are, you've heard comments like, "Well, she probably ate too much sugar," or "You don't look diabetic." Those assumptions can feel dismissive, frustrating and, honestly, a little hurtful.

But the truth?

Diabetes is more complex than the stereotypes make it out to be. It intersects with hormones, stress, sleep, family history and so much more. And for many women, the journey to diagnosis—and management—comes with layers that often go unseen.

Let's take a gentle, grace-filled look at what diabetes really is... and what it definitely is *not*.

Let's break it down with facts, faith and the encouragement every woman deserves.

	Type 1 Diabetes	Type 2 Diabetes
Cause	Autoimmune—body attacks insulin-producing cells	Insulin resistance; pancreas can't keep up
Onset	Usually childhood or young adulthood	Usually adulthood but increasing in teens and 20s
Insulin Use	Always required for survival	Sometimes required; often managed with lifestyle and meds
Symptoms	Rapid weight loss, thirst, frequent urination, fatigue	Gradual fatigue, weight gain, slow healing, blurry vision
Prevention	No—cannot be prevented	Often yes—with diet, exercise and early screenings

Did You Know?

So many women walk around second-guessing their symptoms or worse—feeling like their struggles aren't "serious enough" to mention. But education is empowerment, and these facts are worth knowing:

- **Women with diabetes are at a higher risk for heart disease**, but their warning signs can look different—more like nausea, fatigue, back pain or general "off-ness" instead of the classic chest pressure.
- **Hormones can be game changers.** Menstrual cycles, pregnancy, perimenopause and menopause can all have a major impact on blood sugar, which means your numbers may fluctuate even when you're doing "everything right."
- **Stress and poor sleep matter more than you think.** High stress hormones can spike glucose, even if you're eating well and staying active.

Understanding these pieces can help lift the guilt and blame many women carry. Because it's not about being "good" or "bad"—it's about learning how your unique body responds.

Living With Diabetes: Grace, Faith and Everyday Encouragement

Managing diabetes isn't about perfection but living with intention and compassion. Some days you'll feel steady and confident; other days the numbers, stress or symptoms may feel overwhelming. That doesn't mean you're failing. It means you're human.

Think of diabetes management as stewardship: caring for the body God entrusted to you, one choice at a time.

Whether you're counting carbs, going for a walk, adjusting medication or simply trying to drink more water, every step is part of honoring your health.

And in the moments when you feel discouraged or frustrated, hold onto this truth:

You're not broken.

Your diagnosis doesn't diminish your worth—it's simply a part of your story.

You're not alone.

There's a whole community of women walking this road, learning as they go and supporting each other along the way.

You're not expected to do this perfectly.

Small steps matter. Small steps add up. Celebrate progress, not perfection.

Faith-Based Habits for Blood Sugar Balance

1. Start Your Day With Prayer—and Protein

Before your mind fills with worry or tasks, ground your day with five minutes of prayer. Then fuel your body with a breakfast that balances protein, fiber and healthy fats.

2. Create Movement Moments

You don't need a gym membership to honor your health. A short walk after meals or light stretching while listening to worship music can help stabilize blood sugar and calm stress.

3. Stay Spiritually and Physically Hydrated

Dehydration can spike blood sugar—and so can spiritual dryness. Keep a water bottle and your Bible nearby. Sip and seek regularly.

4. Sabbath From Screen Stress

Endless scrolling can fuel comparison, anxiety and late-night snacking. Try a daily tech fast—especially after dinner—and use that time for quiet reflection or gratitude journaling.

5. Invite God Into Your Treatment Plan

Whether you're adjusting medication, trying a new meal plan or feeling overwhelmed, ask God to guide your decisions and surround you with wise, supportive care. ●

"Honor God with your body." —1 Corinthians 6:20



Learn more about diabetes care at Franciscan Health.

Forgiveness vs. *Forgetting*

Truth Be Told: One Sets You Free. The Other Keeps You Stuck.

We've all heard it: "Just forgive and forget." It's often said with good intentions, a quick way to tie up messy feelings with a tidy bow. But anyone who has truly wrestled with forgiveness—especially after deep hurt—knows it's not that simple. In fact, the idea that forgiveness means forgetting can actually get in the way of real healing.

Forgiveness and forgetting might seem like close companions. But in truth, they move in very different directions. One leads to peace and freedom; the other can bury pain and prolong the wound.

Forgetting Says...

Forgetting often whispers things that sound easy—"Pretend it didn't happen," "Just move on already" or even, "If you still feel it, you haven't forgiven." Forgetting asks us to suppress pain instead of processing it. It can sound noble, yet it's often avoidance dressed up as healing. When we rush ourselves to forget, we bypass the honest work of grief, boundaries and growth. At its core, forgetting is rooted in denial: *If I don't think about it, maybe it won't hurt.*

"Love... keeps no record of wrongs."
—1 Corinthians 13:5

* Note: This verse isn't about erasing memory—it's about refusing to weaponize it.

Forgiveness Says...

Forgiveness speaks a deeper truth. It reminds us that *what happened matters, but it doesn't have to define me.* It invites us to say, *I release the right to revenge, and to trust that God's grace is bigger than my pain.*

Forgiveness is not forgetting; it's remembering without reliving. It's choosing to move forward—not by ignoring the wound, but by refusing to let it shape your future. At its core, forgiveness is rooted in grace: *I have been forgiven much, so I can forgive too.*

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
—Ephesians 4:32

The Shift: How to Go From Forgetting to Forgiving

Feel It First

True forgiveness doesn't skip over pain. Acknowledge the hurt. Name it. Invite God into it. You can't heal what you won't face.

Pray for a Soft Heart

Ask for strength to let go of bitterness—not boundaries, not wisdom, but the need to keep score. "Lord, help me release what's not mine to carry. Help me forgive as You forgive me."

Set Realistic Expectations

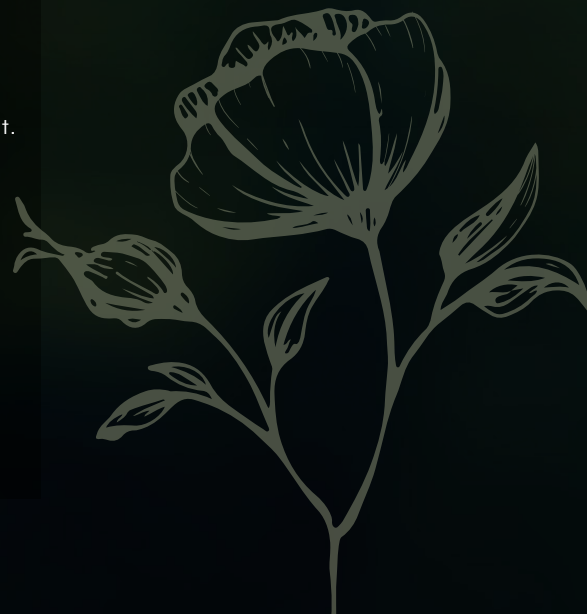
Forgiveness doesn't always mean reconciliation. It may not erase consequences. It may take time—and that's okay. Healing is holy work.

Remember What's True

Forgiveness is not weakness. It's power. It's courage. It's choosing freedom over bitterness. It's trusting that God sees, knows and heals.

Bottom Line

Forgiveness isn't pretending it didn't happen. It's choosing to believe that what happened doesn't get the final word. You're allowed to remember and still be free. That's the power of grace. ●



Mini Greek Yogurt Cheesecakes

Looking for a dessert that's rich, creamy and just the right size? These are the perfect little indulgence!

PREP: 10 minutes

COOK: 1 hour & 25 minutes

SERVES: 8

Ingredients

For Crust:

- ⅔ cup graham cracker crumbs
- 1 Tb. granulated sugar
- 2 Tb. butter (melted)
- ⅛ tsp. vanilla extract
- Pinch of lemon zest

For Filling:

- 8 oz. cream cheese
- ¼ cup Greek yogurt (plain or 2%)
- ¼ cup granulated sugar
- ¾ tsp. pure vanilla extract
- 1 large egg (room temperature)

For Blueberry Compote:

- 1 cup frozen or fresh blueberries
- 2 Tb. fresh lemon juice
- 3 Tb. water
- ¼ cup granulated sugar
- 1 Tb. cornstarch
- ½ tsp. vanilla extract
- ½ tsp. lemon zest

Directions

- 1 | Preheat the oven to 350°F and line a 12-cup muffin tin with paper liners.
- 2 | Use a food processor to make graham crackers into crumbs. Pulse the sugar, zest and vanilla. Then, pulse in melted butter until a sandy texture is formed.
- 3 | Divide the crust mixture evenly among the 12 liners, pressing it firmly into the bottom of each cup. Bake for 5 minutes.
- 4 | Wipe out the food processor and add the cream cheese and sugar. Blend for a minute until smooth. Add the Greek yogurt and vanilla extract, and blend again until smooth, scraping down the sides of the bowl as needed.
- 5 | Spoon the cream cheese batter over the hot crusts. Bake for 15 to 17 minutes. When done, take out and cool at room temperature for 30 minutes, then chill in the fridge for at least an hour. In a medium-sized saucepan, add the sugar, water, lemon juice and blueberries. Set over medium heat. Meanwhile, mix cornstarch and water together to prevent lumps. Add to the mixture and mix.
- 6 | Bring the mixture to a boil for 5 minutes. Then, reduce to medium heat for an additional 10 minutes, stirring occasionally.
- 7 | Let the compote cool completely before serving. Serve the chilled cheesecakes with a spoonful of blueberry compote on top. Enjoy!



Heart Attack vs. Cardiac Arrest

Truth Be Told: One Gives a Warning. The Other Doesn't Wait.

Women are too often left out of the heart-health conversation, and that gap can be dangerous. Many of us don't know the difference between a heart attack and cardiac arrest, and that confusion can cost precious time in moments that matter most.

Here's the truth: these two emergencies are not the same. And understanding the difference could help you act quickly, advocate for yourself and even save a life.

Let's break it down with clarity and confidence.

Heart Attack Says...

Heart attacks often speak in warning signs, sometimes subtle and sometimes unmistakable. They whisper, "Something's not right," or "I feel pressure, discomfort or pain." They may even hint, "I've had symptoms for a while." A heart attack happens when blood flow to part of the heart becomes blocked. It can build over time and often offers signals before turning critical.

For women, those signals may look different and can include:

- ♥ Chest pain (but not always)
- ♥ Shortness of breath
- ♥ Nausea or vomiting
- ♥ Unexplained fatigue
- ♥ Lightheadedness or dizziness
- ♥ Pain in the back, jaw or arms

It's a circulation problem—and it can happen while you're awake, walking or even resting.

"She is clothed with strength and dignity; she can laugh at the days to come."
—Proverbs 31:25

(Your strength includes knowing when to get help.)

Cardiac Arrest Says...

Cardiac arrest doesn't whisper—it strikes suddenly. It declares, "Sudden collapse," "No breathing. No heartbeat," and urgently, "Call 911. Start CPR." Cardiac arrest is caused by an electrical malfunction that stops the heart from beating effectively. Blood flow ceases, and the person becomes unresponsive within seconds. It's a rhythm problem, and it's instantly life-threatening.

There are often no warning signs, even in someone who seemed completely fine moments before.

"Be strong and courageous. Do not be afraid ... for the Lord your God goes with you." —Deuteronomy 31:6

The Shift: What Every Woman Should Know

Know the Signs

Don't ignore discomfort just because it isn't "classic chest pain." Women's symptoms are often subtle—and too often misread. Trust your instincts and speak up.

Call, Don't Wait

If you suspect a heart attack, call 911 immediately. Fast treatment can restore blood flow and prevent long-term damage. If someone collapses and isn't breathing or responding, it's cardiac arrest. Call 911, start CPR and use an AED if available. Every second truly counts.

Know Your Numbers

High blood pressure, high cholesterol and diabetes increase your risk. Get regular checkups. Know your family history. Advocate for your heart the way you'd advocate for someone you love.

Listen to Your Body

Fatigue, anxiety and even flu-like symptoms can be red flags. Don't downplay new, unusual or unexplained discomfort—your body speaks for a reason.

Bottom Line:

A heart attack warns you—cardiac arrest doesn't. Both are medical emergencies, and both can happen to women. Your life is a gift, and one of the strongest ways to honor it is by knowing the signs, speaking up when something doesn't feel right and taking action when it matters most. ●



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You might not think twice about belly weight or a complicated pregnancy from years ago. But your heart might.

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YOUR HEART!**

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