

The GIFT:

A Mother and Daughter's Love for Each Other



It's December and truly the *most wonderful time of the year* as families reunite and warmth of love softens even the sternest characters around. This season, as we appreciate the many blessings we take for granted, don't overlook the most precious gifts we have: good health and family ties. Through all of its ups and downs, the mother-daughter relationship is the

one connection that can outlast all others. Mothers are equipped with the kind of dedication to their daughters that makes achieving anything possible, including good health. This December, as the spirit of giving is in full bloom, let us honor one of the most selfless gifts one could give...*the gift* of a mother and daughter's love for each other.

Mother love is the fuel that enables a normal human being to do the impossible.

—A Little Spoonful of Chicken Soup for the Mother's Soul



**SAN ANTONIO
COMMUNITY HOSPITAL**

*Spirit of
Women*

The Gift is powered by Spirit of Women®, a national network of hospitals and healthcare providers across the United States that ascribe to the highest standards of excellence in women's health, education, and community outreach.

Your local Spirit of Women hospital is wishing YOU *the gift of good health and well-being.* May your hearts and lives be filled with peace, love and good tidings.



The relationship between a mother and daughter is a timeless bond - and may also be one of the most complicated. Mothers and daughters find themselves evolving through many different stages in their relationship, from adoration, to lack of understanding for each other and ultimately returning back to the status of best friends. They share secrets, life experiences and HEALTH!

In the book *My Mother, My Friend, The Ten Most Important Things to Talk About with Your Mother*, author Mary Marcdante shares stories of celebration and healing, inspiring quotes and over 200 communication tips and questions that strengthen the union of mothers and daughters in adulthood. Her work opens the doors of communication between mothers and daughters and helps deepen their existing relationship. By opening up forms of communication and knowing where we come from, better health and perspective in life become possible. Knowing all the branches of your family tree lets you take preventative measures against inherited risks — and mothers make great genealogists.

SOURCES

My Mother, My Friend by Mary Marcdante
National Heart, Lung and Blood Institute
Centers for Disease Control and Prevention

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When trying to gain insight into diseases and disorders with a genetic base, follow straight and clear-cut patterns of inheritance. These are known as single-gene disorders and include **sickle cell anemia** and **cystic fibrosis**. Others, known as multi-factorial disorders, don't follow such clear patterns of inheritance and are acquired through a *combination* of genes and lifestyle habits which can be fine-tuned to reduce your risk. Multi-factorial disorders include some of the biggest threats to women: **breast and ovarian cancer, heart disease, Alzheimer's** and **diabetes**. Make getting healthier a shared commitment between you and your mother. Encouraging and motivating each other to take positive action toward health will provide more opportunities to enjoy each other's companionship and love.

Spirit of Women hospitals acknowledge that your best health and well-being is within your reach — don't wait until it's too late! Give each other a gift that's truly from the heart — a long and healthy life filled with quality time together.



Use *The Gift* by cherishing the only blessings that really matter: our relationships and our health. Let the holiday season begin by joining your local Spirit of Women hospital as they strive with mothers, daughters and families alike to live with wellness and kindness for ourselves and others.

