



# WISEWOMAN UPDATE

August 2004

## JNC 7 Reminder

As a reminder, the “drop dead” date for implementation of the JNC 7 guidelines will be October 1, 2004 to coincide with the beginning of the new fiscal year.

New forms should be on their way to you soon so if you want to begin using them and the revised program flow before October 1<sup>st</sup>, you can do so. Please contact Patty Ferry at 517-335-9966 or [ferryp@michigan.gov](mailto:ferryp@michigan.gov) if you have any questions.

## FY04 WISEWOMAN Claims

Please note that Nationwide must receive all original FY04 claims (dates of services October 1, 2003 – September 30, 2004) by December 31, 2004. Any original FY04 claim that Nationwide receives after December 31, 2004 will be rejected.

## Ideas on How to Reach Women

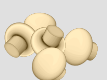
The following ideas on how to reach women for their lifestyle counseling contacts were reported in the Lifestyle Counseling Survey. Your agency may want to give some of these suggestions a try:

- Look for alternative contact information in MBCIS if unable to reach the client with the contact information provided to you
- Ask clients when the best time to call them is
- Schedule next contact during current visit
- Extend hours of business to accommodate working clients

## Paperwork

Everybody's paperwork has been looking really good. We would like to remind you of a few items:

- Please put the MBCIS number on the paperwork and not the agency specific number
- Please remember to fill out all the blanks and check all the boxes
- Please remember to check the Healthy Lifestyle Assessment and Health History Forms to ensure that only one box per question is checked. If the more than one box is checked, please indicate the one most appropriate response
- Please remember to write legibly



# Cholesterol and Heart Disease

There are certain factors that can increase your risk of developing heart disease, with high cholesterol being a leading one. Some things you can change, like smoking. Others you cannot change, like your family history. If you have two or more risk factors, you may have more than twice the risk of either factor alone.

For people at high risk, preventive care is very important. The following are the most common risk factors:

- High LDL Cholesterol
- Low HDL Cholesterol
- Smoking
- High Blood Pressure (treated or untreated)
- Obesity
- Lack of Physical Activity
- Diabetes (high blood sugar)
- Age: Being a woman 55 years or older or premature menopause without estrogen replacement therapy
- Heredity: Family history in which your father or brother had a coronary heart disease before age 55, or your mother or sister before age 65

Diet, physical activity, and weight control are the first line of defense in fighting high cholesterol.



## Benefits of Physical Activity

**Take a look at all the benefits a little physical activity will give you....**

- Reduces the risk of heart disease by improving blood circulation throughout the body
- Helps keep weight under control
- Improves blood cholesterol levels
- Helps prevent and manage high blood pressure
- Helps prevent bone loss
- Helps regulate glucose levels
- Boosts energy level
- Helps manage stress
- Releases tension
- Improves the ability to fall asleep quickly and sleep well
- Improves self-image
- Counters anxiety and depression and increases enthusiasm and optimism
- Increases muscle strength, giving greater capacity for other physical activities
- Provides a way to share an activity with family and friends
- In older people, helps delay or prevent chronic illnesses and diseases associated with aging and maintains quality of life and independence longer



## 5 A Day...In 5 Minutes a Day

The 5 A Day for Better Health Program has created a game plan for people who feel they just don't have enough time to prepare fruits and vegetables and include them in their daily diets. Every serving proposed here takes less than five minutes to prepare.

### Breakfast:

Usually do cereal? Slice a medium or half of large banana on top. Like to microwave oatmeal? Throw a quarter cup of raisins or dried cranberries. Above all else, don't forget your morning juice. Just 6 ounces of 100% fruit juice or low-sodium vegetable juice counts as a serving toward your 5 A Day.

### Midmorning Snack:

Unsweetened portable applesauce counts as a serving and is easy to snack anywhere. Like those baby carrots? Eat just five or six baby carrots, and you have another serving.

### Lunch:

Since the fastest lunches are usually on the go, try ordering a sandwich loaded with vegetables or a cup of hearty soup. Add a small side salad with low-fat dressing, and feel your energy rise.

### Dinner:

Even if you only have five minutes, dinner veggies are easy and delicious. Consider cooking canned or frozen peas or cauliflower in the microwave for a quick dinner side dish. Or make a quick and delicious meal out of a microwave-cooked sweet potato with broccoli, cauliflower, and some low-fat ranch dressing. A ½ cup of vegetables counts as one serving.

### Dessert:

Stock your freezer with 100% fruit juice Popsicles or place a ½-cup of berries, peaches, or other favorite fruit on low-fat frozen yogurt, and you have added another 5 A Day serving to your day!

### Over the Weekend:

Take advantage of some much-needed downtime over the weekend to prepare fruits and vegetables for the week. Freeze some peaches and nectarines, they will make tasty "pick-me-up" snacks during the week. Or make a veggie pizza with some fresh vegetables, low-fat cheese, and prepackaged pizza dough, then freeze it and reheat it for lunch later in the week.

