



WISEWOMAN UPDATE

March 2005

Save the Date: WISEWOMAN Program Meetings May 11, 2005

There will be two WISEWOMAN Program meetings on May 11, 2005, prior to the BCCCP/WISEWOMAN Program Meeting on May 12-13, 2005 at the Grand Traverse Resort. Look for an email soon from Patty Ferry asking for your feedback about the content of the meeting on the 11th.

We want the meetings on the 11th to be beneficial to all local staff that are able to attend. Therefore, your input about the meetings is essential. Last year, both meetings were well attended and feedback received indicated that they were very helpful. We look forward to seeing all of you there this year.

FY04 Resubmitted Claims

Nationwide must receive all FY04 resubmitted claims by **March 31, 2005**.

All resubmitted claims must:

- Be sent in as paper claims **AND**
- Have "Correction" or "Resubmission" written at the top of the claim.

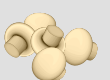
If "Correction" or "Resubmission" is not written at the top of the claim, the claim will enter Nationwide's normal claim flow and be rejected as a duplicate claim.

BCCCP Newsletter

Do you have any interesting information to share with others about your WISEWOMAN Program? Do you have any success stories or lessons learned that could benefit other agencies? If so, please consider writing an article for the BCCCP Newsletter.

The BCCCP Newsletter is published quarterly and is distributed to BCCCP local coordinating agencies, WISEWOMAN Program agencies, BCCCP and WISEWOMAN Program providers, and many more individuals and organizations interested in cancer control.

Please contact Carrie Nestell at 517-335-8517 or nestellc@michigan.gov for more information or to submit an article.



Blood Pressure 101

What is blood pressure? It is how hard blood pushes against the walls of blood vessels as it flows through the body.

Changes in blood pressure are natural. For example, it is normal for blood pressure to drop when you are relaxed or asleep and rise during physical activity. But blood pressure that stays high is not healthy. High blood pressure is a serious medical condition, often called hypertension. It makes your heart work harder than it should.

What causes high blood pressure? In most cases, the exact cause is not known. But certain factors can increase your risk.

Risk factors for high blood pressure you can control include:

1. Lack of physical activity

- Not being physically active increases the risk of high blood pressure.

2. Diet

- In some people, a diet high in sodium (a main ingredient in salt) increases the risk of high blood pressure.
- Drinking too much alcohol can contribute to high blood pressure.

3. Weight

- In general, people who are overweight are at greater risk than people with a healthy weight.

Risk factors for high blood pressure you cannot control include:

1. Age

- Arteries tend to become less elastic (flexible) with age. As a result, blood pressure tends to rise as people grow older.

2. Hereditary

- High blood pressure often runs in families. It is also more common in African Americans than in other ethnic groups (the reasons for this are not clear).

High blood pressure can be treated. Your health care provider may recommend a treatment program that includes:

1. A Special Diet

- For example, you may be advised to cut down on salt and fat.

2. Weight Loss

- A weight loss program usually combines a healthy diet with physical activity.

3. Physical Activity

- Regular physical activity can help lower blood pressure. It can also help you lose weight.

4. Medication

- For example, medication can help to remove excess water and sodium from the body; slow the heart so it beats less often with less force; and relax the blood vessels to lower blood pressure.



Physical Activity for Beginners

Trying out regular physical activity for the first time? These tips from the pros can make your workouts easier, safer, more productive, and more fun!

- Listen to your body. If you have difficulty breathing or experience faintness or prolonged weakness during or after physical activity, consult your health care provider.
- Eating a carbohydrate-rich food within two hours of physical activity will help you perform at your best. Half a bagel, a handful of pretzels, a piece of fruit or a cup of low-fat yogurt is enough.
- Drink plenty of water before, during, and after physical activity, especially in hot weather.
- Warm up for about five minutes at the beginning of each workout with a slower, gentler version of the activity you plan to do.
- After your workout, cool down by walking or performing slow stretches for five to ten minutes.
- Buy comfortable, properly fitted footwear. Aching feet and strained muscles can discourage physical activity.
- Participate in activities that are safe, rewarding, and most of all - fun! You can't expect to stay physically active unless you enjoy what you're doing.
- Work out with a friend, family member, or coworker. It's more fun to engage in physical activity together, and you can help each other stay motivated.
- Enhance your everyday activities. Take the stairs in your office or at home, put more effort into scrubbing the floor or washing your car, park your car farther away from the shopping center or office, and when you're talking on the phone, walk around or move your legs and arms. Remember, everything you do counts.
- Do the talk test to see if you're exercising at the right pace. If you're breathing so hard that you can't talk, your activity is too intense.
- Exercise during cooler, less humid times of day like early morning or evening.
- Wear light, loose-fitting clothes that allow you to sweat freely – they help cool you down.
- Make an appointment to exercise. Write it in your daily calendar and stick to your plans. Exercising first thing in the morning works well on hectic days.
- Think of exercise as valued time. You deserve this time to improve your health and boost your energy.
- Change your activity to keep your fitness program interesting. Walk one day, bike the next, take an aerobics class or go for a swim at the local YMCA.
- Set your treadmill or stationary bike in front of the television and watch your favorite show.
- Wear a Walkman® and listen to an audio book or put together a music mix that you find motivating.
- Take the stairs instead of the elevator or escalator. A 150-pound person burns one calorie for every five steps (that's going up, not down). The average flight of stairs is fifteen steps.

