



WISEWOMAN UPDATE

May 2005

WISEWOMAN Pre-Meetings, May 11, 2005

For those of you attending the WISEWOMAN Pre-meetings on May 11, 2005, we are looking forward to some exciting discussions. During the morning meeting, the Michigan Department of Community Health WISEWOMAN Program staff will update you on the client survey, upcoming program structure changes, and data/financial issues. Patty Ferry will then facilitate a discussion about how to effectively talk with participants about body mass index (BMI). Following the BMI discussion, there will be an opportunity to talk about various program challenges and how to overcome them.

The afternoon meeting will include two discussion topics:

- 1) What to Talk About in Lifestyle Counseling Sessions
- 2) How to Ensure the Medical Needs of Participants are Met

We look forward to seeing all of you at the pre-meetings and the BCCCP/WISEWOMAN Program Annual Meeting that follows. If you have any questions, please contact Patty Ferry at 517-335-9966 or ferry@michigan.gov.

May is High Blood Pressure Month

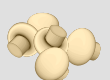
Did you know that nearly one in three adults have high blood pressure...but because there are no symptoms, one-third of them do not know it? The month of May is dedicated to raising awareness of high blood pressure. Your WISEWOMAN clients may have some questions regarding their blood pressure readings, so here are the answers to some commonly asked questions regarding blood pressure:

Why does my blood pressure vary so much?

It's normal for your blood pressure to vary during the day. It usually decreases at rest and rises if you're active, cold, under stress, startled by a loud noise, feel threatened, or drink alcohol regularly. Some people have white-coat hypertension (anxiety in a doctor's office raises their pressure). Monitoring your blood pressure at home the same time each day can help determine true pressure. Remember...one high reading is not a cause for alarm.

Why are my left and right arm readings different?

Blood pressure differences between arms are common. Pressure may be slightly higher in your dominant arm. A variance of 10 mm/Hg is usually normal. Blood pressure is often measured in the right arm by the health care provider and in the left arm at home. If these readings differ, discuss this fact with your provider. However, if one arm has higher pressure, it should be used to determine if you have hypertension.



Treat Your Body Right!

Eating Well Helps You Keep It All Together

Healthy eating helps you look, feel, and even think better. A healthy diet can help you be the person you want to be.

It's No Secret

Don't fall for fad diets or health gimmicks. The basics are the best:

- Eat a variety of healthy foods every day.
- Be physically active every day.

Food – Fuel for Growth, Health, and Energy

Variety Is The Spice Of...Health

Different kinds of foods have different nutrients. Your body needs:

- **Protein** – for healthy muscles, bones, skin, hair, and cells that fight disease
- **Carbohydrates** – for supplying energy and powering your body's chemistry
- **Fats** – for energy and unlocking the vitamins that help your hair and skin look good
- **Vitamins** – for healthy eyes, skin, bones, nerves, and heart
- **Minerals** – such as calcium for health bones and iron for healthy blood
- **Water** – for blood circulation, digestions, removing waste, and controlling your body temperature

Maximize Your Healthy Diet With These Tips

- Eat foods rich in calcium, iron, and fiber.
- Include lots of whole – grain foods.
- Don't skip meals, especially breakfast.
- Drink plenty of water, especially when active. Limit soft drinks.
- Limit fats and sweets.
- Watch the salt (sodium).
- If you eat fast food, choose smaller portions and water, milk, or 100% juice.



Avoiding Pitfalls

We all know that there are times when an apple or carrot is no match for the open bag of potato chips on the counter. These practical tips can help you avoid those everyday pitfalls.

Portion Control

Watch portion sizes and limit second helpings, especially of high-calorie or high-fat foods.

Cooking Methods

Learn healthy cooking techniques. For example, try baking, poaching, or grilling instead of deep frying or sautéing.

Empty Calories

Limit consumption of alcoholic beverages, fruit juice, and soft drinks.

Sauce Substitutions

Experiment with herbs and spices to add flavor instead of using fatty sauces, gravies, dressings, butter, or margarine.

Dessert Alternatives

Have fruit, banana, or pumpkin bread or angel food cake for dessert.

New Rewards

Try not to use food as a reward. Instead, try a long walk with a friend, a relaxing bath, a phone call with an out-of-town family member, a good book, gardening, etc.

Lunch Sack

Take your lunch to work to help avoid fast food dining.

Handy & Healthy

Make sure you keep plenty of healthy, appealing, ready-to-eat food on hand.

Lo-Cal Dangers

Very low-calorie diets can seem logical at first. If you can lose 2 pounds a week eating 1500 calories a day, 750 calories should help you lose weight twice as fast, right? Wrong!

Any diet that suggests eating fewer than 800 calories a day is a bad idea.

Here are some low-cal risks:

- dehydration
- fatigue and weakness
- constipation
- headaches
- loss of lean body tissue
- diarrhea
- heart irregularity
- sudden death
- kidney infections
- menstrual irregularity
- ketosis

