



# WISEWOMAN UPDATE

February 2006

## Michigan Providers Tobacco Cessation Toolkit Available Online

Research has repeatedly shown that one of the strongest influences on a person's decision to quit smoking is the recommendation made by a trusted health care provider.

The Michigan Cancer Consortium (MCC) has made available a Providers Tobacco Cessation Tool Kit. This tool kit contains many resources for both providers and patients that can assist in tobacco cessation efforts. The following are some resources available in the tool kit:

- Cessation Referral Resources in Michigan
- Medication for Quitting Smoking
- Recent Journal Articles Related to Tobacco Cessation
- Websites of Interest
- And Much More

The tool kit is available on the MCC website at:

<http://www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm>

## End of Fiscal Year Deadlines

### March 21, 2006

All paperwork for FY05 services (including diagnostic office visits, lipid panels, and lifestyle counseling) must be received by MDCH in order to authorize services. MDCH will submit final FY05 authorizations to Nationwide on March 27, 2006.

### March 24, 2006

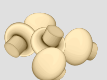
Corrected and resubmitted FY05 claims are due to Cathy Blaze.

### April 4, 2006

The last day that Nationwide will cut checks for FY05 claims.

### April 15, 2006

The books close for FY05 claims.



## Stats At-A-Glance

Since the new fiscal year began, 817 women have been screened in the WISEWOMAN Program. This puts us at 20.55% of our FY06 caseload goal of 3,975.

Of the 817 women screened, 108 (13.2%) have newly detected conditions. This means that 108 women have previously undiagnosed high cholesterol, high blood pressure, or both high cholesterol and high blood pressure.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 34.58%.

The Michigan performance indicator for the percentage of eligible women who complete their lifestyle goals is 75%. So far in FY06, 89% of eligible women have completed their lifestyle goals.



## BCCCP/WISEWOMAN Program Annual Meeting

May 18 and 19 are the dates of the 2006 BCCCP/WISEWOMAN Program Annual Meeting. The meeting will take place at the Grand Traverse Resort - the location of the previous annual meeting. Please save these dates on your calendar.

On May 17, two WISEWOMAN Program meetings are scheduled. The morning meeting will include all WISEWOMAN Program staff. The afternoon meeting will be open to everyone not attending the BCCCP Coordinators meeting.

*Beyond Survival: From Quality of Care to Quality of Life* is the theme of this year's meeting. The survivorship theme applies to those surviving cancer as well as chronic disease.

The meeting will consist of both plenary and concurrent sessions. This year's plenary speakers are:

- Jason Dias – *Generations at Work*
- Barb Bancroft – MSN, PNP, RN – *Shampoos, Tattoos, and Barbeques*
- Kay Wagner, RN, BSN, CTM – *Surviving with Humor*

Please make your room reservations the Grand Traverse Resort by calling 1-800-968-7352. You should reference the room block of the Michigan Department of Community Health. The room rate is \$69 per person, plus tax and resort fee of \$8.95. The rate is valid for the nights of May 16, 17, and 18. Please register early as the room rate is only valid until April 15.

# If You're a Woman, You're At Risk For Heart Disease

About one of every 2.5 women dies of heart disease, stroke, and other cardiovascular diseases. In fact, heart disease is the No. 1 killer of women over the age of 25. Here are some risk factors you need to know about heart disease:

- **Race:** African American and Mexican American women have higher heart disease risks than white women of comparable economic status.
- **Lifestyle:** Physical inactivity is more prevalent among women than men, among blacks and Hispanics than whites, among older than younger adults.
- **Aging:** Women at older ages who have heart attacks are more likely than men to die from them.
- **A 6-Pack:** Women and men share six identified modifiable risk factors: high blood pressure, smoking, high cholesterol, physical inactivity, being overweight, and diabetes.

## Tips for Better Heart Health

- 1) **Light a candle. Make a date!**  
Let your birthday remind you to set up an appointment with your doctor to evaluate your risk factors. Get your blood pressure, cholesterol, and glucose levels checked. Ask your doctor to help you reach and maintain a healthy weight.
- 2) **Kick butts.**  
If you smoke, quit. Here's a 4-step way to snuff your smoking habit. Day 1 – cut the number of cigarettes you smoke in half. Day 3 – cut the number in half again. Day 5 – cut the number in half again. On your Quit Day...quit!
- 3) **Get physical.**  
Step, march, or jog in place for at least 15 minutes a day while watching TV. Increase this physical activity by 5 minutes each week until you're getting at least 30 minutes of physical activity most days of the week.
- 4) **Don't let candy bar the way!**  
If you eat 200-300 calories (about one candy bar) less and engage in physical activity at least 30 minutes on five or more days of the week, you'll steadily get closer to your goal.
- 5) **Say, "Yea for me!"**  
Keep track of your successes. When you reach your goal, reward yourself by doing something you enjoy. Why? Because you deserve it. Sometimes it's not easy to change.

