



WISEWOMAN UPDATE

November 2005

WISEWOMAN Paperwork Reminder

Please remember to put the MBCIS number on ALL forms and double-check that it is the correct MBCIS number. Thank you for your attention to this matter.

MDCH Cancer Section Moving

The MDCH Cancer Section is moving from its current location on Martin Luther King Jr. Blvd. to downtown Lansing. The move will take place on November 18, 2005, and on this day, MDCH staff will be inaccessible. The section's new address is:

Michigan Department of Community Health
Washington Square Building
Cancer Prevention and Control Section
109 Michigan Avenue, 5th Floor
Lansing, MI 48913

Please note that all telephone and fax numbers, as well as all email addresses, for MDCH staff will remain the same.

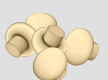
Stats At-A-Glance

The most current count shows we have screened 3,789 women in FY05. That puts us at 95.6% of our caseload goal of 3,963. Remember, you have until November 8, 2005 to get screening paperwork to MDCH in order for the client to count toward caseload.

The preliminary calculation for FY05 shows 81.4% of all women screened have participated in at least one lifestyle counseling session. The CDC performance indicator is 75%.

The Michigan performance indicator for the percentage of eligible women who complete healthy lifestyle goals (formally known as a lifestyle contract) is 75%. For FY05, 82.3% of eligible women completed healthy lifestyle goals.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for the program duration is 35.35%.



Great American Smokeout

Every year, smokers across the nation take part in the American Cancer Society's Great American Smokeout by smoking less or quitting for the day. This year's event will be held on November 17, 2005. The event challenges people to stop using tobacco and raise awareness of the many effective ways to quit for good.

In many communities, local volunteers support quitters, publicize the event, and press for laws that control tobacco use and discourage teenagers from starting.

Research shows that smokers are most successful in kicking the habit when they have some means of support, such as nicotine replacement products, counseling, prescription medicine to lessen cravings, guide books, and the encouragement of friends and family members.

Despite that, only about 1 in 7 current smokers report having tried any of the recommended therapies during his or her last quit attempt. Telephone quit lines are a convenient new resource, available for free in many states. The Michigan Tobacco Quit Line (1-800-480-7878) offers free counseling services as well as nicotine patches and gum to those without health insurance.

The Smokeout has helped bring about dramatic changes in Americans' attitudes about smoking, which have led to community programs and smoke-free laws that are now saving lives in many states. The event began in the 1970s when smoking and secondhand smoke were commonplace.

The idea for the Great American Smokeout grew out of a 1974 event. Lynn R. Smith, editor of the *Moticell Times* in Minnesota, spearheaded the state's first D-Day, or Don't Smoke Day. The idea may have been inspired by Arthur P. Mullaney of Randolph, Massachusetts, who three years earlier had asked people to give up cigarettes for a day and donate the money they would have spent on cigarettes to a high school scholarship fund. The idea caught on, and on November 18, 1976, the California Division of the American Cancer Society successfully prompted nearly one million smokers to quit for the day. That California event marked the first Smokeout, and the Society took it nationwide in 1977.

Today, an estimated 46 million US adults smoke. Tobacco can cause lung cancer, as well as other cancers, heart disease, and lung disease. Smoking is responsible for 1 in 3 cancer deaths, and 1 in 5 deaths from all causes. Another 8.6 million people are living with serious illnesses caused by smoking.

Fortunately, the past 27 years have seen tremendous strides in changing attitudes about smoking, in understanding addiction, and in learning how to help people quit.

For more information about the Great American Smokeout, please visit www.cancer.org.



November is American Diabetes Month

Did you know that diabetes and heart disease are linked? People with diabetes are at high risk for a heart attack or a stroke. Their heart attacks tend to be more serious and can happen early in life. In fact, two out of three people with diabetes die from heart disease or stroke. Both men and women are at risk.

During American Diabetes Month this November, the American Diabetes Association, together with the American College of Cardiology, are working to increase awareness of the link between diabetes and heart disease. Through an initiative called **Make the Link! Diabetes, Heart Disease and Stroke**, the organizations are urging people with diabetes to learn how they can lower their chances for heart disease and stroke.

Make the Link! stresses that diabetes management is more than control of blood glucose. People with diabetes must also manage blood pressure and cholesterol and talk to their health care provider to learn about other ways to reduce their chance for heart attacks and stroke.

Many people find that changing what they eat can make a big difference in their blood glucose, blood pressure, and cholesterol levels. Here are some strategies for making wise food choices:

- Eat less fat, especially saturated fat (found in fatty meats, poultry skin, butter, 2% or whole milk, ice cream, cheese, palm oil, coconut oil, trans fats, hydrogenated oils, lard, and shortening).
- Choose lean meats and meat substitutes.
- Switch to low-fat or fat-free dairy products.
- Eat at least 5 servings of fruits and vegetables each day.
- Cut back on foods that are high in cholesterol (such as egg yolks, high-fat meat and poultry, and high-fat dairy products).
- Choose the kinds of fat that can help lower your cholesterol, such as olive oil or canola oil. Nuts also have a healthy type of fat.
- Eat fish two or three times a week, choosing kinds that are high in heart-protective fat (such as albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon).
- Cook using low-fat methods (such as baking, roasting, or grilling foods or by using nonstick pans and cooking sprays).
- Eat more foods that are high in fiber (such as oatmeal, oat bran, dried beans and peas like kidney beans, fruits, and vegetables).

Make The Link!
Diabetes Heart Disease
and Stroke™

