



WISEWOMAN UPDATE

August 2007

Michigan Tobacco Quitline Update

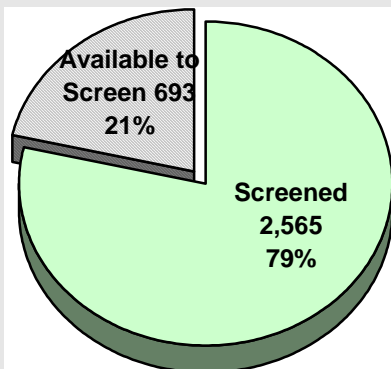
In the summer of 2006, the Michigan Department of Community Health (MDCH) began a new partnership with the American Cancer Society to provide tobacco cessation counseling to Michigan residents via the Michigan Tobacco Quitline. This new partnership has resulted in the expansion of the Quitline's hours of service and the ability for initial intake calls around the clock. Since September of 2006, the Quitline has received 4 calls from WISEWOMAN Program participants. We would like to encourage more referrals to the Quitline and have recently launched a fax referral service to make referrals easier.

Fax referral forms and instructions for provider participation are available on the Michigan Cancer Consortium website at:

<http://www.michigancancer.org/WhatWeDo/tob-providerstoolkit.cfm>. Quitline posters and business sized referral information is available by contacting Karen Brown of the MDCH Tobacco Section at 517-335-8803 or brownks@michigan.gov.

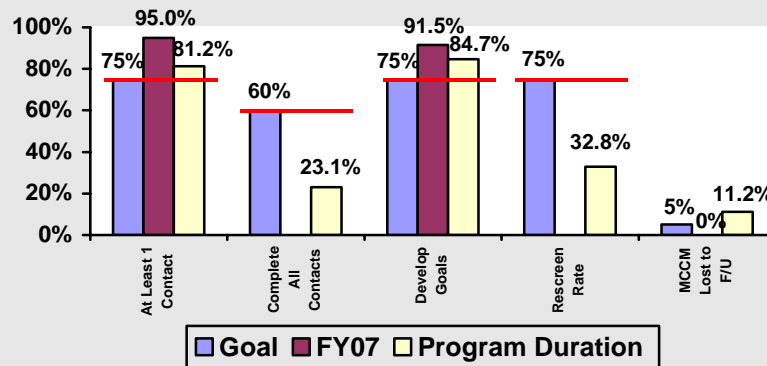
Additional information and materials for tobacco control for providers and consumers is available at www.michigan.gov/tobacco and www.hpclearinghouse.org.

Stats At-A-Glance



Caseload Goal = 3,258

WISEWOMAN Program Indicators



New Billing Information

Effective August 1, 2007, please send all claims to:
Health Advantage
PO Box 1511
Flint, MI 48501-1511

EDI Transaction #: 38338

Billing Inquiry Hotline: 866-930-6324

Check for Life



Did you know that heart disease is the No. 1 killer of women? Or that cardiovascular disease (CVD) claims more lives than the next five causes of death combined? The American Heart Association's Go Red for Women Movement is a national call to increase awareness of heart disease in women and inspire women to take charge of their heart health.

Although one in three women has some form of CVD, heart disease can be largely prevented. Knowing your personal risk of heart disease is the first powerful, lifesaving step to a healthy life. Here are some simple ways to determine your risk of heart disease.

- Visit your health care provider to learn how to make heart-healthy habits part of your daily life.
- Schedule a doctor's appointment on your birthday. Know your numbers. Track your blood pressure, cholesterol, glucose, and weight and keep them in a healthy range.
- Incorporate physical activity into your daily routine.
- Add more color to your plate by eating more fruits and vegetables daily.

You can also visit www.goredforwomen.org and take the American Heart Association's Go Red Heart Checkup. This online tool will provide you with a personal 10-year heart disease risk assessment and outlines steps on how to take action to reduce your risk.

Make a personal commitment to living a heart healthy lifestyle by joining the Go Red For Women movement and taking the Go Red Heart Checkup. Your involvement can help save the lives of mothers, sisters, aunts, daughters, grandmothers, best friends, and other women across the country. For more information about Go Red For Women, visit www.goredforwomen.org or call 1-888-MY-HEART.





Healthiest Summer Drinks



When reaching for a refreshing summer drink, one good way to ensure you don't load up on calories is to concentrate on quenching your thirst first. Your body wants water, so start off by giving it a tall, cool glass of H₂O. Then, if you're still thirsty, you can switch to something else, but by starting with a few ounces of water, you've made it less likely that you'll thirstily guzzle down that other drink and the extra calories it may contain.

Of course, you could always simply stick with drinks that don't contain calories. For lazy summer days, water's a great option (throw a few slices of lemon, orange, or lime into the pitcher to give it a refreshing, citrusy tang). Another good choice: unsweetened ice tea. Tea that you brew yourself retains a higher level of health-protective compounds than bottled tea, but if you can find a bottle of unsweetened ice tea, go for it.

Tread more carefully with iced coffee. Again, if you brew and ice it yourself and enjoy it unsweetened and/or with small amounts of low-fat or non-fat milk, it's a good option. The iced-coffee drinks you get at coffee shops or in bottles, on the other hand, can be loaded with fat and calories, and are by no means your healthiest option.

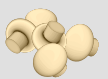
With iced tea and coffee, remember: it's summer, and you'll be drinking a lot, so you'll want to keep an eye on your caffeine intake. Consider iced herbal tea. Fruit juices are a good alternative to caffeinated drinks, but once again, if you're outside on a hot day, you'll need to drink more than usual, and 100 percent juices contain lots of natural sugar and calories. Think about diluting the calories by mixing your favorite juice with generous amounts of water, sparkling water, or club soda.

What about sports drinks? Don't they replace the electrolytes you'll sweat out on a sweltering day? Depends on what you spend your summer day doing. Are you exerting yourself for hours at a time by playing beach volleyball or swimming laps? Then, yes, a sports drink that provides small amounts of carbohydrates can improve your performance. But if you're just relaxing on the beach reading all day, you don't need the extra calories. A glass or two of water will do you just fine.

Of course, what many Americans reach for on a hot day is beer, wine, or liquor. Leaving aside alcohol's effect on health, its effect on the waistline is clear: concentrated calories + slower metabolism = fat. If you choose to drink alcohol, do so in small, controlled amounts, especially in the summer, when dehydration is a real concern.

Whatever you choose, have a safe, well-hydrated summer. Just keep in mind that, in the end, your healthiest option is also the cheapest and most plentiful: plain old water.

Information from American Institute for Cancer Research July 2007 e.Newsletter.



Shopping List: Basic Ingredients for a Healthy Kitchen

The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep these foods on hand for fast meals on busy nights.

In the Cupboard:

- Beans: Black, pinto, kidney, chickpeas, lentils, refried
- Rice: Brown, long grain, rice mixes
- Pasta: Whole wheat, spaghetti, fettucini, penne, bowtie, ramen noodles
- Other grains: Couscous, orzo, cornmeal, whole wheat crackers, bread sticks, bread crumbs
- Onions
- Canned tomatoes: Diced, whole, seasoned, sun-dried, sauce, salsa
- Canned vegetables: Mixed vegetables, green beans, mushrooms
- Canned and dried fruits: Applesauce, raisins
- Sauces: Pasta, pizza, tomato
- Soups: Canned soups, broth, bouillon, dried soup mixes
- Meats: Canned tuna, salmon, minced clams, chicken
- Peanut butter
- Evaporated milk
- Vinegars: Cider, red and white wine, balsamic
- Oils: Olive, canola, peanut, nonfat cooking spray

In the Refrigerator:

- Vegetables and fruits
- 100% vegetable and fruit juices
- Reduced-fat milk and yogurt (without added sugar)
- Reduced-fat cheeses: cheddar, mozzarella, swiss, monterey jack, cottage, and parmesan
- Reduced-fat sour cream and cream cheese
- Whole wheat and corn tortillas
- Eggs
- Minced garlic
- Sauces: Worcestershire, soy, teriyaki, chili
- Ketchup and mustard (spicy and Dijon)
- Salad dressings with olive oil or reduced fat

In the Freezer:

- Frozen vegetables, fruits, 100% juices
- Frozen chopped onions and chopped green pepper
- Bread: Whole grain breads, dinner rolls, English muffins, bagels
- Meats: Chicken breast, ground turkey breast, extra lean hamburger
- Fish: Red snapper, salmon, orange roughy, cod, flounder, sole
- Frozen yogurt or fruit sorbet

