



# WISEWOMAN UPDATE

January 2007

## National Wear Red Day

Everyone can support the fight against heart disease in women by wearing red on February 2, 2007 – *National Wear Red Day*. It's a simple, powerful way to raise awareness of heart disease and stroke. By joining together with thousands of women, companies, and organizations, you'll help the American Heart Association support ongoing research and education about women and heart disease.

For more information about *National Wear Red Day*, including how to plan a Wear Red Day event at your organization, please visit [www.goredforwomen.org](http://www.goredforwomen.org).

## Stats At-A-Glance

Currently for Fiscal Year (FY) 2007, we have screened 773 women which puts us at 23.7% of our caseload goal of 3,258.

The CDC performance indicator for rescreening is greater than or equal to 75%. Our current rescreening rate for program duration is 34.8%. Please remember to make use of the WISEWOMAN Rescreen Reminder list that is posted with the Quality Improvement Reports each month.

The CDC performance indicators related to women with alert values focus on completeness and timeliness:

For **completeness**, at least 95% of women with alert values should be seen for diagnostic exam. In the current fiscal year, we have only had 4 women with alert values, but 100% of them have been seen for the diagnostic exam!

In order to meet the **timeliness** indicator, the average number of days between screening and the diagnostic exam should be less than 7 days. For this fiscal year, the average is 5.75 days. Keep up the good work!

If you want to see how your agency is doing compared to the rest of the state on these and other performance indicators, please look at the *Michigan WISEWOMAN Performance Indicators and Standards Report* that is posted on the WISEWOMAN website ([www.michigancancer.org/bcccp](http://www.michigancancer.org/bcccp)) the first week of every month.

If you need any assistance interpreting these reports, please feel free to contact Robin Roberts at [robertsrobi@michigan.gov](mailto:robertsrobi@michigan.gov) or 335-1178.



# January 21 – 27 is Healthy Weight Week

Did you make a New Year's resolution to exercise and eat healthy this year? Whether you've already started or are planning to start, Healthy Weight Week is a great time to learn about healthy lifestyle habits. This year, Healthy Weight Week is January 21 – 27.

It's important to understand that a healthy weight is different for everybody. Although you may see skinny men and women on TV and in the movies, that body style is not realistic or healthy for many people. Regular exercise and healthy eating patterns are the secret to a healthy weight now and for the rest of your life!

## Exercise

Exercise doesn't have to be boring...play a game of soccer with your friends, go for a bike ride, or take an after-dinner walk around the neighborhood with your family or some friends. We are encouraged to get 30 to 60 minutes of moderate exercise every day. Challenge yourself with 15 to 20 minutes of more intense activity 3 days a week. Remember, exercise should be fun...do things that you enjoy, and you'll be more likely to stick with it!

## Nutrition

There's no doubt about it...to have a healthy body, you must give it all the nutrients it needs to grow and develop. But how do you do that? First of all, you need to understand that there are no good or bad foods, only good and bad eating patterns. All foods supply substances that your body needs to grow, have energy, and stay healthy, and all foods can be part of a healthy diet.

A healthy diet includes grain products, vegetables, fruits, low-fat milk products, lean meats, fish, poultry, and dry beans. Choose fewer foods that are high in fat or sugar. It's the total amount and types of foods you eat over several days that make up a healthy or unhealthy diet. So eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for a good health.

## How Can I Manage Stress?

While the New Year can be an exciting time for some, it can be quite stressful for others. The American Heart Association has developed an information sheet on how you can have a healthier heart by making changes in your lifestyle that will allow you to manage your emotions better and avoid stressful situations. It answers the following questions:

- What is stress?
- How does stress make you feel?
- How can I cope with it?
- How can I live a more relaxed life?

*How Can I Manage Stress?* is attached for your reference. Please share it with your clients, as appropriate.



# Protect Your Heart From Winter Dangers



Each winter brings new strains of cold and flu bugs and other dangers that can negatively impact the health of Americans of all ages – and people with high blood pressure need to take extra precautions.



## Snow Shoveling and Heart Patients

Snow shoveling is an important potential heart risk – one that can cause major stress on heart patients. Studies indicate that healthy snow shoveling can impose cardiovascular stress that is similar to maximum treadmill testing. If you're a heart patient or at risk for heart attack, you should talk to your doctor before tackling this wintertime chore.



## Cardiovascular Disease and the Flu

This past fall, the American Heart Association and American College of Cardiology issued a joint scientific advisory recommending that all heart patients get a flu shot. Scientific studies have shown that death from the flu is more common among people with cardiovascular disease than those with any other chronic condition.

If you're a heart patient and you haven't already been vaccinated this season, it's not too late to get your flu shot. You can still benefit by getting the shot in January because the flu season often lasts well into March. You should get the injectable vaccine, rather than the nasal spray, which contains live virus.



## Decongestants and High Blood Pressure

If you do catch the flu or a cold this season, consider the medications you take to alleviate their symptoms. Most over-the-counter cold and flu products contain decongestants, which may raise blood pressure. Some common decongestants found in over-the-counter medications include pseudoephedrine and phenylephrine. If you have high blood pressure, talk to your doctor about alternatives to medicines containing decongestants.



# Healthy Eating Starts with Healthy Food Shopping

The new National, Heart, Lung, and Blood Institute Obesity Guidelines say that you can reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen. Read the labels as you shop and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones. So shop for low fat food items and fill your kitchen cupboards with a supply of lower calorie basics like the following:



- Fat free or low fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/egg substitutes



- Whole grain sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low fat flour tortillas
- Low fat, low sodium crackers
- Plain cereal, dry or cooked
- Brown rice, whole wheat pasta



- White meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin, and extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Beans and peas: Dry or no salt added canned



- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no salt added canned vegetables



- Low fat or nonfat salad dressings
- Mustard and ketchup
- Jam, jelly, or honey
- Herbs and spices
- Salsa

For a more extensive list, please see Appendix VI of the Obesity Guidelines at [http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_gdlns.pdf](http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf)



# How Can I Manage Stress?

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**Y**ou can have a healthier heart when you make changes in your lifestyle. Managing your emotions better may help, because some people respond to certain situations in ways that can cause health problems for them. For instance, someone feeling pressured by a difficult situation might start smoking or smoke more, overeat and gain weight. Finding more satisfactory ways to respond to pressure will help protect your health.



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## What is stress?

Stress is your body's response to change. It's a very individual thing. A situation that one person finds stressful may not bother someone else. For example, one person may become tense when driving; another person may find driving a source of relaxation and joy. Something that causes fear in some people, such as rock climbing, may be fun for others. There's no way to say that

one thing is "bad" or "stressful" because everyone's different.

Not all stress is bad, either. Speaking to a group or watching a close football game can be stressful, but they can be fun, too. Life would be dull without some stress. The key is to manage stress properly, because unhealthy responses to it may lead to health problems in some people.

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## How does stress make you feel?

- It can make you feel angry, afraid, excited or helpless.
- It can make it hard to sleep.
- It can give you aches in your head, neck, jaw and back.
- It can lead to habits like smoking, drinking, overeating or drug abuse.
- You may not even feel it at all, even though your body suffers from it.

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## How can I cope with it?

Outside events (like problems with your boss, preparing to move or worrying about a child's wedding) can be upsetting. But remember that it's not the outside force, but how you react to it inside that's important. You can't control all the outside events in your life, but you can change how you handle them emotionally and psychologically. Here are some good ways to cope:

- Take 15 to 20 minutes a day to sit quietly, breathe deeply, and think of a peaceful picture.
- Try to learn to accept things you can't change. You don't have to solve all of life's problems. Talk out your troubles and look for the good instead of the bad in situations.

- Engage in physical activity regularly. Do what you enjoy — walk, swim, ride a bike or jog to get your big muscles going.

Letting go of the tension in your body will help you feel a lot better.

- Limit alcohol, don't overeat and don't smoke.

### How can I live a more relaxed life?

- Think ahead about what may upset you. Some things you can avoid. For example, spend less time with people who bother you or avoid driving in rush-hour traffic.
- Think about problems and try to solve them. You could talk to your boss about difficulties at work, talk with your neighbor if

his dog bothers you, or get help when you have too much to do.

- Change how you respond to difficult situations. Be positive, not negative.
- Learn to say "no." Don't promise too much. Give yourself enough time to get things done.

### How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721), or visit [americanheart.org](http://americanheart.org) to learn more about heart disease.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit us online at [StrokeAssociation.org](http://StrokeAssociation.org).

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

### What are the Warning Signs of Heart Attack and Stroke?

#### Warning Signs of Heart Attack:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath with or without chest discomfort
- Other signs including breaking out in a cold sweat, nausea or lightheadedness

#### Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1... Get to a hospital immediately if you experience signs of a heart attack or stroke!

### Do you have questions or comments for your doctor or nurse?

- Take a few minutes to write your own questions for the next time you see your healthcare provider. For example:

How can family and friends help?

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