



# WISEWOMAN UPDATE

May 2007

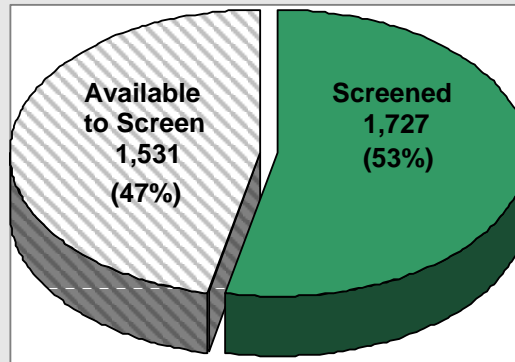
## FY06 Year End Close

Thank you to everyone for your hard work and dedication to the FY06 year-end claims processing. As a reminder, FY06 is now closed, and no FY06 claims will be paid or reversed.

Please contact Tory Phelps at 517-335-8854 or [phelpst2@michigan.gov](mailto:phelpst2@michigan.gov) if you have any questions. Thank you.

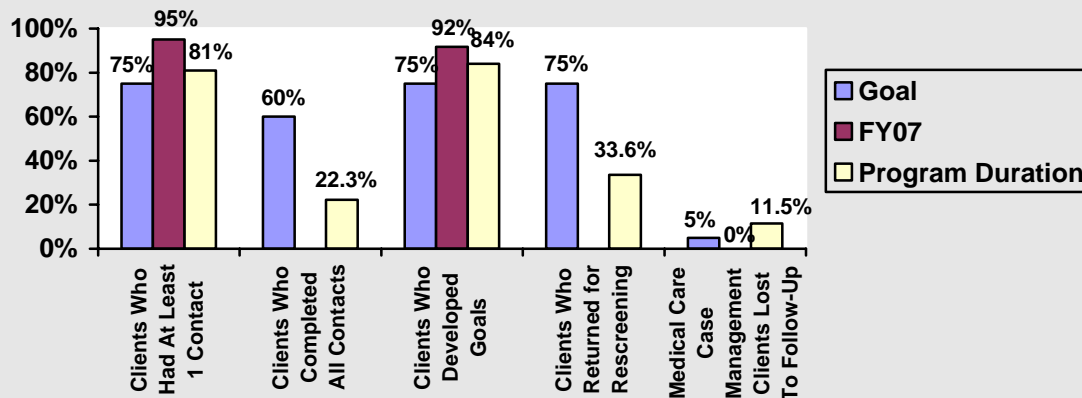
## Stats At-A-Glance

FY07 Caseload



Caseload Goal = 3,258

## WISEWOMAN Program Indicators



# May is Stroke Awareness Month

Stroke remains a serious health issue in Michigan, as there were 35,109 hospitalizations for stroke in the state in 2004. Nationally, about 700,000 individuals will have a stroke each year, with 167,000 of those dying and even more suffering from major disabilities. Of the stroke deaths that occur each year, almost half occur before the patient reaches the hospital. The National Institute for Neurological Disorders and Stroke trials demonstrated that treatment within a 3-hour window is beneficial for acute ischemic stroke. Yet, the median delay time in seeking care for acute stroke is 3 to 6 hours.

## Why is there a delay?

There are many reasons patients delay seeking help when they are having stroke symptoms. Living alone, resting or sleeping when these symptoms begin, and denial all delay patients in seeking assistance. The fastest responses occur when people are with a co-worker or companion when stroke symptoms begin.

## What is needed?

Everyone should be familiar with the **FAST** assessment for stroke:

**F** = Facial droop. Does the person's face look unequal when they smile?

**A** = Arm drift. Does one arm drift down when you ask the person to raise both arms?

**S** = Speech. Does their speech sound strange when you ask them to repeat a phrase?

**T** = Time. If you observe any of these signs, call 911.

In the first second of a stroke, 32,000 brain cells are lost. In the first hour, 120 million cells are gone. It is absolutely vital to recognize stroke symptoms when they occur and get help.



## Does Dieting Work?

Research from the University of California Los Angeles (UCLA) suggests that dieting is not an effective way to lose weight and maintain that weight loss. After initially losing 5% to 10% of body weight, dieters tend to gain back the weight plus more. According to the researchers, evidence suggests that repeatedly losing and gaining weight may be linked to cardiovascular disease, stroke, diabetes, and altered immune function.

If dieting is not a good idea, then what should people do if they want to lose weight? The researchers said eating in moderation and regular exercise are the key. In other words, people need to change their lifestyle rather than relying on quick-fix diets. Does that sound familiar? It is what we have been encouraging our WISEWOMAN clients to do for years, and now there is more evidence to back that up.

For more information on the study from UCLA, please visit:

<http://www.newsroom.ucla.edu/page.asp?RelNum=7832>.





## New CD/DVDs Encourage Exercise



Movement is an important part of a healthy lifestyle. The National Institute of Diabetes and Digestive and Kidney Diseases' National Diabetes Education Program has produced two new combination CD/DVDs that encourage more movement in everyday life.

1. Created to help Hispanics and Latinos incorporate more movement into their lives, *Movimiento* includes six original songs with an empowering message and Latin music that emphasize moderate physical activity. The CD also features a new music video.
2. *Step by Step* was created to help African Americans incorporate more physical activity into their lives. It contains a music video, "Every Day Is a New Beginning", that can be viewed on DVD players.

You can get more information or order *Movimiento* by visiting <http://ndep.nih.gov/diabetes/pubs/catalog.htm#ndep-62a>

For more information or to order *Step by Step*, please visit <http://ndep.nih.gov/diabetes/control/control.htm#stepbystepcd>



## Healthy Snacks vs. Less Healthy Snacks



Have WISEWOMAN clients told you that one reason they don't eat healthy snacks is because of their cost? If so, please see the attached flier entitled "Healthy Snacks vs. Less Healthy Snacks: A Cost Comparison."

This flier lists the average price and calories for healthy snacks as well as less healthy snacks. Both sweet and salty snacks are included.

Although prices may vary by location and season, this flier provides a good example that eating healthy doesn't have to be cost prohibitive. Please consider sharing this flier with your clients.



# Quick Tips for Increasing Compliance with Medication



Taking medication may be new to you, and there may be a lot to remember. For example, why you are taking it? If you don't take your medicines as directed, what could happen? First of all, the medicine may not work. It could also cause side effects that may be mild – or very harmful. Without knowing it, you could counteract one medicine by taking it with another. Not taken properly, medicine can also make you feel sick or dizzy.

## How Can I Remember to Take My Medicine?

- Take it at the same time every day.
- Take it along with meals or other daily events, like brushing your teeth.
- Use special pill boxes that help you keep track, like the ones divided into sections for each day of the week, which can be found at a drugstore.
- Ask people close to you to help remind you.
- Keep a “medicine calendar” near your medicine and make a note every time you take your dose.
- Put a sticker or reminder note on your medicine cabinet or refrigerator. You can buy a small, magnetized white board with dry-erase markers and list your pills on the board. Each day, mark the board when you take your medication. It's an easy way to keep track, and at the end of the day, just erase the board and start over again in the morning.

## Tips for Medication Use

- Understand your medication. Know what it's for, and how and when you're supposed to take it.
- Make an instruction sheet for yourself by taping a sample of each pill you take and sheet of paper and writing down all the information about each pill to remind you.
- Get some colored labels and stick them on your medicine bottles to simplify your routine. For example, blue can be for morning, red for afternoon, and yellow for bedtime.
- Ask your pharmacist to help you come up with a coding system for your medications that makes them easier to take.
- Purchase timer caps for pill bottles to remind you when to take medication.
- Many types of pill containers can be purchased – some even beep when it's time to take your medication. Ask your pharmacist about these aids.
- If your medication routine is too complicated, ask your physician or pharmacist to help you simplify the process.
- If your medications are too expensive, ask your physician or pharmacist about finding financial assistance.
- If you're away from home a lot, make sure you carry enough of your medication with you to take the prescribed doses while you're out. Some pharmacists will prepare blister paks for daily or weekly medications. Ask your pharmacists about this.
- If you're using one of the commercial pill dispensers, set up a regular time each week to refill it; for example, every Friday night after you eat.



# Healthy Snacks Vs. Less Healthy Snacks

A Cost Comparison\*

## SWEET SNACKS

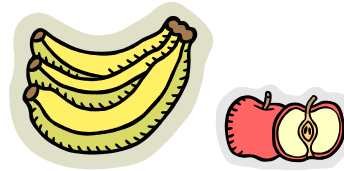
**Average Price of 29¢**  
**Range of Calories: 60 – 85**

Apples	20¢
Pears	35¢
Oranges	19¢
Cantaloupe	37¢
Grapes	49¢
Bananas	12¢

**VERSUS**

**Average Price of 42¢**  
**Range of Calories: 90 – 280**

Bakery Cookie	25¢
Frosted Brownie	53¢
Doughnut	53¢
Marshmallow Treat	31¢
Medium Candy Bar (2 – 2.5 oz.)	59¢
Miniature Candy Bar (.75 – 1 oz.)	28¢



## SALTY SNACKS

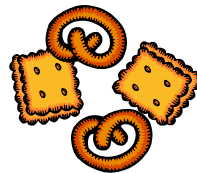
**Average Price of 19¢**  
**Range of Calories: 60 – 220**

Cashews	48¢
Peanuts	15¢
Rye Crackers	16¢
Wheat Crackers	07¢
Pretzels	09¢
Plain Popcorn	20¢

**VERSUS**

**Average Price of 33¢**  
**Range of Calories: 80 – 520**

Beef Jerky	\$1.20
Fried Pork Skins	25¢
Cheesy Popcorn	20¢
Corn Chips	23¢
Tortilla Chips	24¢
Potato Chips	25¢
Cheese Flavored Chips	27¢
Cheese Puffs	18¢
Double Butter Popcorn	16¢



\*Cost comparison was done at one U.P. grocery store. Prices may vary by location and season.

## LOW FAT & HIGH FAT SNACKS

### Average Price of 20¢ (Dip)

Range of Fat Grams: Less than 1 gram

Range of Calories: 15

Salsa	18¢
Bean	22¢

### VERSUS

### Average Price of 20¢ (Dip)

Range of Fat Grams: 5 – 16 grams

Range of Calories: 50 - 130

Bleu Cheese Dip	17¢
Onion Dip	21¢
Southwest Ranch	17¢
Gauacamole	21¢
Cheese Dip	26¢
Ranch Dip	17¢

### Average Price of 25¢ (Dipping Food)

Range of Fat Grams: Less than 1 gram

Range of Calories: 5 - 25

Tomatoes	52¢
Broccoli	19¢
Cauliflower	17¢
Celery	12¢

### VERSUS

### Average Price of 24¢ (Dipping Food)

Range of Fat Grams: 8 – 11 grams

Range of Calories: 140 - 160

Jumbo Dip Chips	23¢
Corn Chips	23¢
Tortilla Chips	24¢
Potato Chips	25¢



## BEVERAGES

### Average Price of 28¢

Range of Calories: 50 – 180

Orange Juice	27¢
Apple Juice	33¢
Vegetable Juice	46¢
Milk	15¢
Chocolate Milk	17¢

### VERSUS

### Average Price of 36¢

Range of Calories: 80 – 153

Beer	73¢
Fruit Punch	14¢
Flavored Iced Tea	40¢
Brand Name Soda	31¢
Generic Soda	20¢

