



WISEWOMAN – Working With Women In Michigan to Reduce Chronic Disease Risk Factors

The Well Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) Program helps Michigan women with little or no insurance get screening and lifestyle interventions that can reduce their risk for many chronic diseases.

In order to be enrolled in WISEWOMAN, a woman must first be in the Michigan Breast and Cervical Cancer Control Program (BCCCP). The BCCCP provides breast and cervical cancer screening and follow-up services (including cancer treatment) to low income women aged 40-64 with little or no insurance.

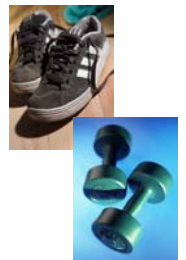
The main focus of WISEWOMAN is to help women understand their chronic disease risk factors and make healthy lifestyle choices. A healthy lifestyle can help with current chronic disease risk factors and symptoms. It may also prevent or delay getting new chronic disease risk factors.

WISEWOMAN helps identify Chronic Disease Risk Factors such as:

- ♥ High Blood Pressure
- ♥ High Total Cholesterol/ Low HDL Cholesterol
- ♥ High Glucose
- ♥ Obesity
- ♥ Irregular Pulse
- ♥ Personal History of Pre-Diabetes, Diabetes, Heart Attack or Stroke
- ♥ Family History of Diabetes, Heart Attack or Stroke
- ♥ Cigarette Smoking
- ♥ Physical Inactivity
- ♥ Age (Over 45 for diabetes. Over 55 for heart disease)

WISEWOMAN encourage Healthy Lifestyle Changes by focusing on:

- ♥ Nutrition
 - ♥ Eating more fruits and vegetables
 - ♥ Eating low-fat dairy
 - ♥ Eating more grains and whole grains
- ♥ Increasing Physical Activity
- ♥ Smoking Cessation



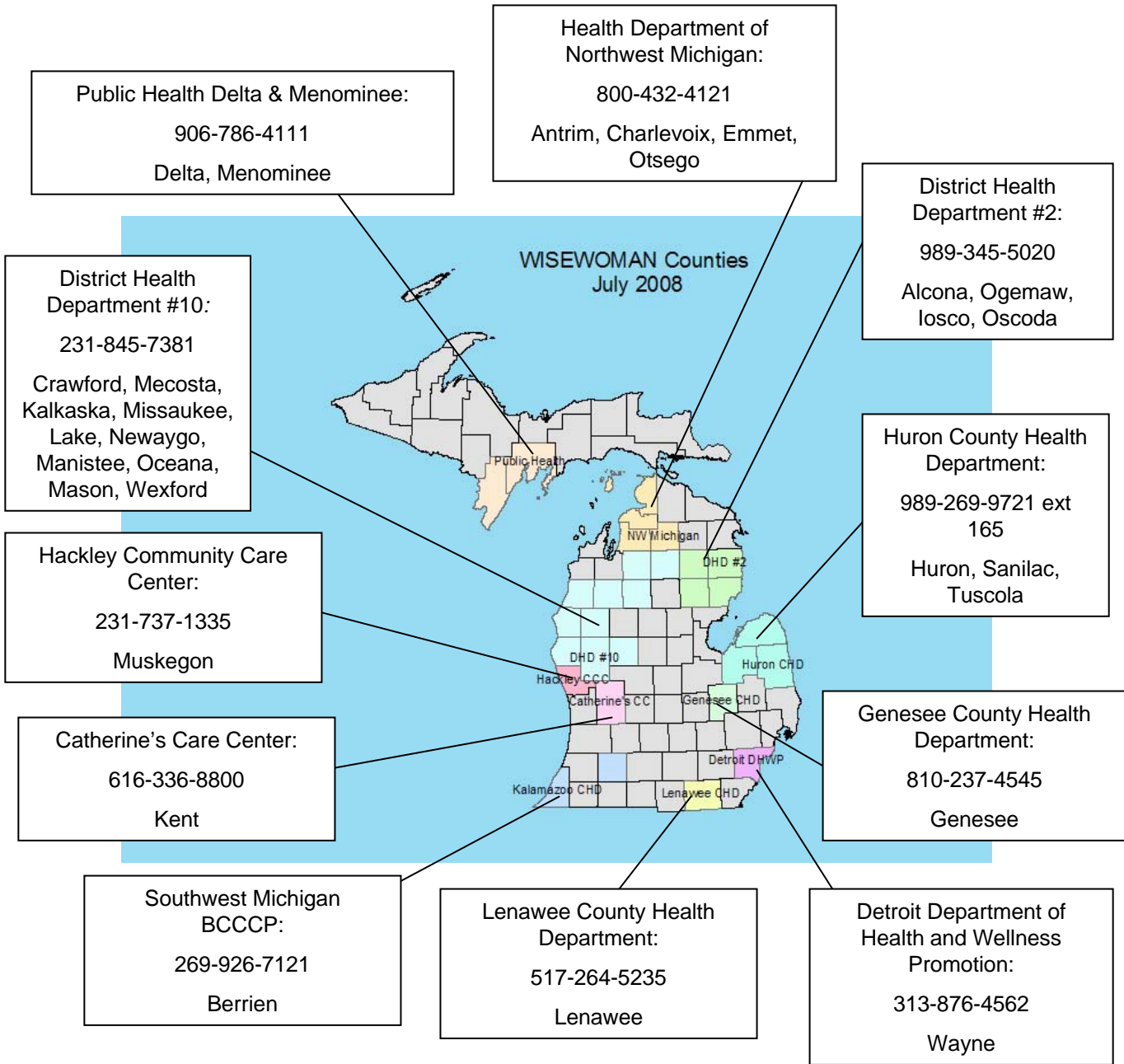
The woman establishes goals she would like to achieve in two of these areas.

She receives telephone and face-to-face contacts from a Lifestyle Counselor to reinforce and support her lifestyle changes.

She also receives educational information and referrals to free or low cost community resources.



Counties Served by WISEWOMAN



For More Information Contact:
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On the web at:
www.michigancancer.org/bcccp/WiseWomanProgram
 Facebook: www.companies.to/MiWiseWoman/