



## WISEWOMAN

Berrien County Health Department is pleased to announce the return of the WISEWOMAN program! This is a program that runs jointly with the Breast and Cervical Cancer Control Program (BCCCP).

### What is WISEWOMAN?

During your BCCCP visit you may decide to participate with the WISEWOMAN program.



During the WISEWOMAN portion of your visit you will have your pulse, blood pressure, weight, body mass index, cholesterol levels, and glucose levels all screened. These are all things you should pay attention to, so as to better prevent Coronary Heart Disease (CHD), Stroke and Diabetes. A person's lifestyle may affect these conditions as well. If you smoke, have poor eating habits or are not getting enough physical activity you could be at risk. When a woman comes for screening she will meet with a Lifestyle Counselor and set one or two goals to better improve their health. By participating in this program you too can become a WISEWOMAN!

### How Do I Get Involved?

To be eligible for the WISEWOMAN program you first must be enrolled in the BCCCP program. BCCCP is open to

any woman aged 40-64 who is "uninsured or underinsured". During BCCCP you can receive screening services such as: clinical breast exams, pap smears, pelvic exams, and screening mammograms. During your BCCCP visit you can sign-up to participate in the WISEWOMAN program. Both program screenings will occur during the same visit.

### What If I Need A Follow-up?

During your WISEWOMAN screening, you may be referred to an outside source for a diagnostic exam. This could happen if your blood pressure, cholesterol or glucose levels are too high. You may also be referred if you have an irregular pulse or your HDL cholesterol level is too low. This referral will cost the patient nothing! We want you to be healthy, so the follow-up is covered and occurs at a local medical facility.

### What Can I Do Now?

While you are waiting for your BCCCP/WISEWOMAN appointment, there are some things you can do. Start eating healthier: you want your cholesterol to be less than 200. Some things to be careful eating would be food that comes from an animal – meat, eggs and cheese especially. Those foods contain high amounts of cholesterol and that can build up in your arteries and cause a blockage which could lead to a heart attack or even a stroke. Try to eat low fat or fat free dairy products. You can also increase your fruits and vegetables, beans and whole grains in your

diet. Do not smoke because that lowers your "good" cholesterol (HDL) which helps break down the bad cholesterol (LDL). Also, you can become physically active. It is recommended that you exercise five times a week for 30 minutes each time. It is not unusual for five times a week to be hard for those who are less active, so start with every other day and build yourself up to more days.

### Where do I make a Wisewoman Appointment ?

You can make an appointment at the Niles office by calling (269) 684-2800 ext. 6529 or at the Benton Harbor office by

calling (269) 026-7121 ext. 5279

Exercise and healthy eating can help protect you from disease and stroke.



**It's never too late to start living a healthier lifestyle!**

*Special thanks to Melissa Zmyslo for her help with this article!*

**The Berrien County Health Department has four locations to serve you:**

#### **Benton Harbor**

769 Pipestone  
P.O. Box 706  
926-7121

M-139 Office  
2106 S. M-139  
927-5623

#### **Niles**

1205 N. Front St.  
684-2800

#### **Three Oaks**

21 N. Elm  
756-2008

**Or visit us on the web at [www.bchdmi.org](http://www.bchdmi.org)**

### **Berrien County Health**

#### **Department:**

Preventing Disease,  
Prolonging Life and  
Protecting the  
Health of the  
Community.



### **October is Cancer Prevention Month**

October is Cancer Prevention month, so the Health Department will provide information about Breast Cancer, Cervical Cancer, Prevention/Screening and WISEWOMAN, as well as information about Lead Poisoning prevention, and Influenza and Pneumonia prevention. For more information about any of these topics, **please call the health department at 926-7121.**

### **Breast and Cervical Cancer Screenings: Reaching Out for YOUR Health**

Data shows that African American women in Berrien County are way behind in obtaining breast and cervical cancer screenings. These screenings are so important and are completely paid for by the health plans. The Health Department has started a program called "Reaching Out for your Health" and plans to "reach out" to over 1400 Medicaid health plan members.

This program is funded by the Office of Minority Health of Michigan Department of Community Health to improve breast and cervical screenings among African American women ages 19-64 who are on a Medicaid Managed Health Plan.

If you are in this group, you will be hearing from us by phone, mail, home visit or at a community event. We want to know what we can do to assist you in getting these screenings done. Please contact either Melissa Abdullah or Susan Holcomb at the Health Department today.

For more information, call the health Department at:

**926-7121**

This page is sponsored by the Berrien County Health Department

