

NC WISEWOMAN

WELL-INTEGRATED SCREENING AND EVALUATION FOR WOMEN ACROSS THE NATION

*...helping the women of North Carolina
to make WISE choices about their hearts.*



NC WISEWOMAN



WHAT IS HEART DISEASE?

Heart disease is a term used to talk about types of conditions that affect the heart and blood vessels. Types of heart disease include:

- ◆ Coronary heart disease (the most common type of heart disease and the leading cause of heart attacks)
- ◆ Heart failure
- ◆ Heart arrhythmias (changes in the heart beat)

WHAT IS STROKE?

Stroke is a disease that affects the arteries — blood vessels that carry blood away from the heart — of the brain. A stroke happens when blood can't get to the brain because either the vessels burst or are clogged.

WHY SHOULD I BE WORRIED ABOUT HEART DISEASE AND STROKE?

You should be worried about heart disease because heart disease is the #1 cause of death for women in the United States; stroke is #3.

HOW DO I LOWER MY CHANCES OF HAVING HEART DISEASE OR A STROKE?

- ◆ Eat heart-healthy foods such as fruits, vegetables and whole grains
- ◆ Bake or broil foods instead of frying
- ◆ Exercise most days of the week
- ◆ Stop smoking!

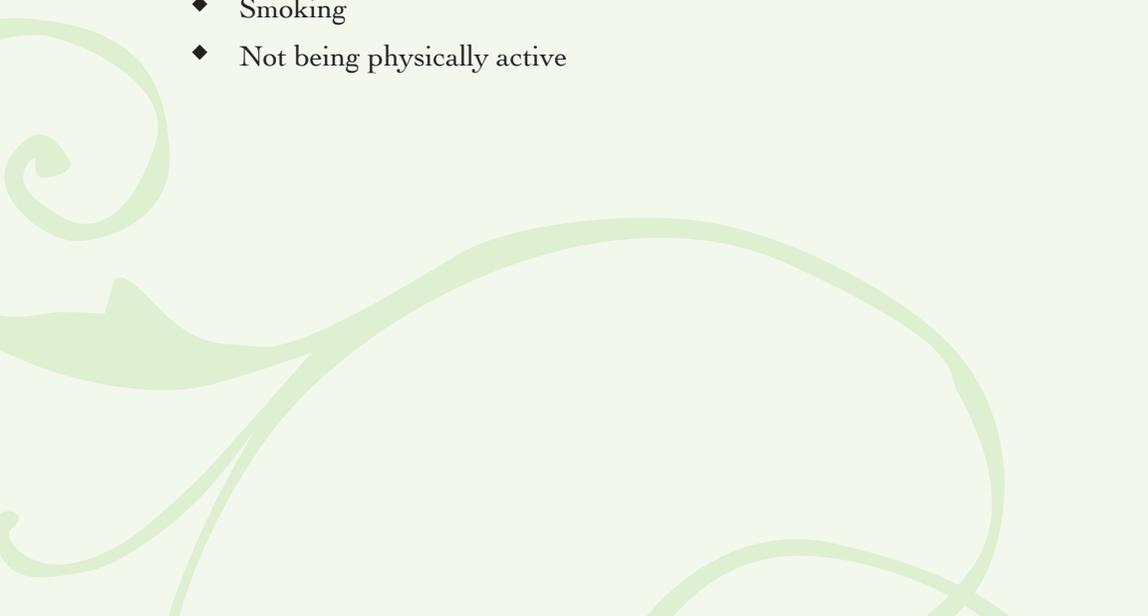
HEART DISEASE AND STROKE RISK FACTORS

Risk factors are traits and habits that could increase the chances of having a disease. There are two types of risk factors: Non-modifiable and Modifiable.

Non-modifiable risk factors are traits we have no control over and cannot change. These types of risk factors include...

- ◆ **Age:** Older people have a greater chance of having a stroke or heart disease, compared to younger people.
- ◆ **Gender:** Men have a greater chance of having a stroke or heart disease than women. But, women are more likely to die from heart disease and stroke.
- ◆ **Race:** Black and Hispanic women die from heart disease and stroke more often than white women do.

Modifiable risk factors are things that we can control and change. These include:

- ◆ Having high blood pressure
 - ◆ Having high cholesterol
 - ◆ Smoking
 - ◆ Not being physically active
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KNOW THE SIGNS OF A HEART ATTACK

- ◆ Chest discomfort
- ◆ Discomfort in other areas of the body such as the back, neck, arms, stomach or jaw
- ◆ Shortness of breath
- ◆ Cold sweats
- ◆ Nausea
- ◆ Lightheadedness

KNOW THE SIGNS OF A STROKE

- ◆ Sudden numbness or weakness of the face, arm or leg, mainly on one side of the body
- ◆ Sudden trouble speaking, confusion or trouble understanding
- ◆ Sudden dizziness, trouble walking, or loss of coordination
- ◆ Sudden trouble seeing in one or both eyes
- ◆ Sudden severe headaches with no apparent reason

**If you experience any of these warning signs,
call 911 immediately!**





NC WISEWOMAN SERVICES

We will check your...

- ◆ Blood pressure
- ◆ Cholesterol
- ◆ Blood sugar
- ◆ Height and weight

We will give you...

- ◆ your blood pressure, cholesterol, and blood sugar results in a way that makes sense.
- ◆ education on heart diseases, tips on healthy food choices and work-out plans, and gifts for your effort.
- ◆ referrals to go to local programs to help with your health, such as cooking classes, weight-loss classes, or walking groups.

You will...

- ◆ be able to see a doctor if you have high blood pressure, cholesterol, or blood sugar.
- ◆ set goals for your health such as eating more fruits and vegetables or walking 30 minutes each day.
- ◆ feel good about taking control of your health!

IS NC WISEWOMAN FOR ME?

If you are a woman between 40 and 64 years old who is worried about her health, N.C. WISEWOMAN is right for you! You have to be in the N.C. Breast and Cervical Cancer Control Program (NC BCCCP) in order to be in NC WISEWOMAN. We want to work with you to make changes in how you eat and how much you exercise. We want to help you lower your chance of having heart disease or a stroke.

LOCAL PROGRAM INFORMATION

TO FIND OUT MORE ABOUT NC WISEWOMAN...

- ◆ Call the North Carolina Breast and Cervical Cancer Control Program/WISEWOMAN Project at (919) 707-5300.
- ◆ Visit the National WISEWOMAN website: www.cdc.gov/wisewoman.
- ◆ Call your local health department.



State of North Carolina
Department of Health and Human Services
www.ncdhhs.gov

N.C. DHHS is an equal opportunity employer and provider.