

The WISEWOMAN program helps women who are at high risk of cardiovascular disease.

The program provides support by identifying women at high risk and providing clinical care for risk factors, primarily high blood pressure. Women who are enrolled in the Alabama Breast and Cervical Cancer Early Detection Program (ABCCEDP) are eligible.

Cardiovascular Disease Risk Factors are:

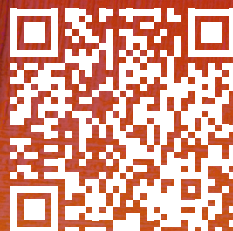
- ♥ High blood pressure
- ♥ Obesity
- ♥ High cholesterol
- ♥ Diabetes
- ♥ Physical inactivity
- ♥ Tobacco use

A Healthy Heart...



Nothing Beats It!

For more information, visit our website



Strengthen the WISEWOMAN in you

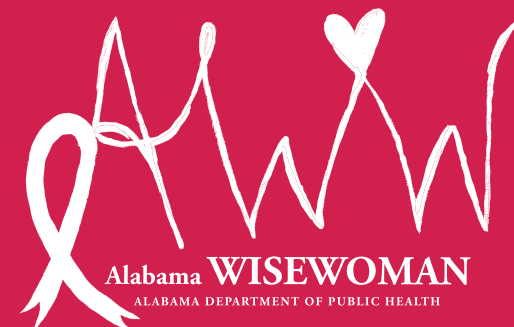


**ALABAMA
PUBLIC
HEALTH**

**ALABAMA
CANCER
PREVENTION
& CONTROL**

ALABAMA WISEWOMAN PROGRAM
Alabama Department of Public Health
Cancer Prevention & Control Division
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Montgomery, AL 36104
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alabamapublichealth.gov/bandc/wisewoman.html



Alabama WISEWOMAN
ALABAMA DEPARTMENT OF PUBLIC HEALTH

What is Cardiovascular Disease?

Cardiovascular disease is a broad term for all conditions affecting the heart and blood vessels, often caused by plaque buildup in the artery walls. This buildup makes it difficult for blood to flow into and out of the heart. Conditions include heart disease, heart attack, stroke, heart failure, and coronary artery disease.

Why Should I Care?

Cardiovascular disease is the number one cause of death for women in the United States. More women die from heart disease than from all cancers combined. One in 5 women will die from heart disease.

Cardiovascular Disease is Preventable If You Address It Early!

What can you do to have a healthy heart?

- Monitor blood pressure
- Monitor cholesterol
- Monitor blood sugar
- Eat a healthy diet
- Be physically active
- Maintain a healthy weight
- Quit smoking, vaping, or using tobacco
- **Join Alabama WISEWOMAN today!**

WISEWOMAN Can Help You Work Toward a Healthy Heart!

Women in the WISEWOMAN Program will receive:

- Cardiovascular disease screening at the same time as their breast and cervical cancer screening.
Screenings include:
 - o Hypertension
 - o Diabetes
 - o Cholesterol and triglycerides
 - o Body mass index
 - o Smoking status
- Risk reduction counseling
- Medication assistance if needed
- Nutrition counseling
- Medical follow-up visits if needed
- Healthy lifestyle classes and programs
- Health coaching provided by a licensed social worker who will help you:
 - o Set health goals based on your priorities
 - o Provide community referrals
 - o Assist you in navigating the health care system
 - o Answer questions and provide support

Monthly Support Groups

Support groups offer educational opportunities and activities of all levels. They also foster friendships among participants.

Support group activities include:

- Walking groups
- Yoga classes
- Zumba classes
- Line dancing classes
- Art/painting classes
- Cooking classes
- Cooking demonstrations
- Healthy heart gardening classes
- Friendsgiving celebrations
- Vision boards
- Field trips

Program Eligibility

- Age 35-64
- Uninsured
- Income at or below 250% of the federal poverty level
- Enrolled in the Alabama Breast and Cervical Cancer Early Detection Program

