

What is *Wisewoman*?

Wisewoman:

(Well-Integrated Screening and Evaluation for Women Across the Nation)

is a new service in South Carolina.

It provides free health screenings and lifestyle education to help women like you reduce your risk for heart disease and stroke.



For more information about the

Wisewoman

program, please contact:

www.scdhec.gov/wisewoman

If you live in Chesterfield, Clarendon, Darlington, Dillon, Florence, Kershaw, Lee, Marion, Marlboro or Sumter counties contact Valencia S. Thomas at (843) 673-6530 or thomasvs@dhec.sc.gov

If you live in Georgetown, Horry or Williamsburg counties contact Regina Nesmith at (843) 355-6012 or nesmitr@dhec.sc.gov



CR-009399 5/11

Wisewoman

Cardiovascular Health Services



You will have a chance to join the

Wisewoman program today!

Here are answers to a few questions you may have...

Do I qualify for *Wisewoman*?

To qualify for *Wisewoman* services you must:

- * Receive breast and cervical cancer screening services from the Best Chance Network (BCN), S.C. Breast and Cervical Cancer Early Detection Program (SCBCCEDP).
- * Be 47-64 years old.
- * Be uninsured (no health insurance) or under insured (have hospital coverage only).



How can *Wisewoman* screenings help me?

Wisewoman screenings measure your:

- * Blood pressure
- * Cholesterol
- * Blood sugar
- * Body weight
- * Waist size

These things help you and your doctor know if you have problems with your heart and blood vessels and the steps you need to take to stay healthy. You will be scheduled for a yearly evaluation screening to see how you are doing.

Ask your doctor or nurse
how you can join
Wisewoman



How can *Wisewoman* lifestyle education help me?

- * Would you like to quit smoking?
- * Would you like to lose weight?
- * Would you like to know how to fix healthy meals?

Wisewoman lifestyle education can help you. Cook books, pedometers, exercise bands, group sessions and one-on-one sessions will be used to help you change things that increase your risk for heart attack or stroke.

