



Mission Statement

The mission of the Price County Women's Health Alliance is to provide preventative health education via community based programs. These programs are intended to provide information and education regarding current health issues and practices.

Women's Health Issues Are Important To:

WOMEN, THEIR FAMILIES AND THEIR COMMUNITIES

Price County women should ask their health care providers about the need for: Pap testing, breast exam and mammography, CA125 test (Ovarian Cancer), blood pressure, cholesterol, BMI (body mass index) and blood glucose testing. Price County Women's Health Alliance is working with various organizations and health care providers in your area to make these tests available.



*For more information on heart health,
cancer testing and other women's health
issues please contact or visit the
following websites:*

American Heart Association

1-800-AHA-USA1

www.americanheart.org

American Cancer Society

715-832-0181

www.cancer.org

**Price County
Women's Health Alliance**
c/o Price County Health Department

104 South Eyder Avenue

Phillips, WI 54555

Phone: 715-339-3054

Fax: 715-339-3057

www.co.price.wi.us



A Guide to A Healthy Heart & Cancer Screening



Cardiovascular Disease Facts

- Heart disease is the #1 killer of women in America today.
- More women than men die of heart disease in America.
- Heart disease kills more women than cancer. One in 2.5 women will die of heart disease or stroke, compared with one in 30 from breast cancer.
- Less than half of all women reported that their doctors have discussed heart disease with them.
- One-third of American women are obese.
- About 40 percent of all American women get no leisure time physical activity.

Healthy Heart Recommendations

- Schedule an appointment with your doctor.
- Quit smoking.
- Be physically active.
- Lose excess weight.
- Eat healthy for life.

For additional information visit:
www.americanheart.org

Cancer Facts

The following shows the average number of women in the State of Wisconsin who were diagnosed with and died from cancer annually and the average number of men & women in Price County who are diagnosed with and died from cancer annually. For additional information visit: www.cancer.org

| | WISCONSIN Women Only | | PRICE COUNTY Men & Women | |
|-------------------|-------------------------|--------|-----------------------------|--------|
| | New Incidence | Deaths | New Incidence | Deaths |
| All Cancers | 11,831 | 5,101 | 453 | 216 |
| Breast | 3,746 | 813 | 69 | 19 |
| Colon & Rectum | 1,559 | 578 | 74 | 25 |
| Lung & Bronchus | 1,385 | 1,101 | 64 | 50 |
| All Other Cancers | 5,141 | 2,609 | 246 | 122 |

(Source: American Cancer Society's Wisconsin Cancer Facts & Figures 2003-2004. The information is based on data collected for the years 1996 thru 2000).

Cancer Prevention & Early Detection

- Quit smoking. Smoking is the cause for more than 80% of all lung cancer.
- Perform self exams of your breasts and skin monthly and contact your doctor if any suspicious or changing areas, (lumps, moles, sores, etc.)
- Achieve & maintain a healthy weight. Eat plenty of fruits, vegetables & whole grain foods. Limit foods high in saturated fat and be physically active.
- Practice safer sex by using condoms and get

a Pap test if you are or have been sexually active or have reached the age of 18.

- Use a sunscreen with an SPF of 15 or higher, wear wrap around sunglasses with at least 99% UV absorption & wear a shirt and broad-brimmed hat.

