

Jefferson County Heart Wise Program 303-239-7009

Helping Women & Men Reduce their Risk of Heart Disease



Heart disease is the number one cause of death among American women & men. Often, heart disease is preventable. Women & men can reduce their risk for illness and death of heart disease by tackling known risk factors such as smoking, high cholesterol, high blood pressure, diabetes, obesity, and inactive lifestyle. It is important to talk to a medical provider about risk factors, screening tests, lifestyle changes, and treatment services to prevent heart disease. Jefferson County Public Health's Heart Wise Program offers women & men who qualify an opportunity to learn about heart health and reduce their risks.

JCPH's Heart Wise program offers

- ▶ Free blood pressure screening
- ▶ Free cholesterol and blood sugar screening
- ▶ Free Body Mass Index (BMI) screening
Body Mass Index is calculated from a person's height and weight and is used to screen for many weight related health problems.
- ▶ Ideas on how to increase physical activity
- ▶ Information about heart disease, stroke, high blood pressure, high cholesterol, and diabetes
- ▶ Referral to a physician, if needed
- ▶ Referral to resources to help stop tobacco use
- ▶ Referral to a registered dietitian to improve diet

To qualify for Heart Wise women & men must:

- ▶ Have limited or no insurance to pay for these exams
- ▶ Be between the ages 40 to 64
- ▶ Meet certain financial criteria (determined when appointment is being scheduled)
- ▶ Provide proof of identification with application

Call 303-239-7138 to schedule a Heart Wise appointment at the JCPH Arvada or Lakewood clinics. To speak with the Heart Wise Public Health Nurse, please call Vickie Hayworth at 303-239-7009.

Everyone is urged to learn the warning signs of heart attack and stroke and call 911 immediately if any signs are experienced.

Learn the warning signs of heart attack and stroke.

Heart attack warning signs

- ▶ Discomfort in your chest that last more than a few minutes
- ▶ Chest discomfort that feels like fullness, squeezing or pressure
- ▶ Painful discomfort in one or both arms, neck, jaw, or stomach
- ▶ Nausea, breathlessness, breaking into a cold sweat, or lightheadedness
- ▶ Trouble breathing

- ▶ Feeling sick to the stomach or pain in the belly, above the belly button
- ▶ Feeling really tired, even after enough sleep

Stroke warning signs

- ▶ Sudden numbness or weakness of the face arm or leg, especially on one side of the body
- ▶ Sudden severe headache with unknown cause
- ▶ Sudden trouble seeing in one or both eyes

- ▶ Sudden confusion, trouble speaking, or understanding
- ▶ Sudden trouble walking, dizziness, loss of balance or coordination

For more information on heart disease and stroke visit the American Heart Association web site at www.americanheart.org or the Heart Truth web site at <http://www.nhlbi.nih.gov/health/hearttruth/>

For more information on the Heart Wise Program, please call: 303-239-7009.