



Offer No-Cost Clinical Services to Support Women's Health

March 1, 2023

Louisiana's Health Initiative

Supporting Louisiana Women



Heart disease
is the #1 killer
of *women* in the
United States

DID YOU KNOW?

Louisiana has the 4th

highest cervical cancer
death rate in the US.



Speakers

- Carleigh Baudoin, MPH (she/her)

- Manager
- Louisiana Breast & Cervical Health Program, LSUHSC School of Public Health



- Alisha Jones, MHA (she/her)

- Heart Disease Prevention Manager
- Well-Ahead Louisiana, Louisiana Department of Health





Objectives

- Learn the burden of breast and cervical cancer, as well as cardiovascular disease in Louisiana.
- Learn the services offered by the Louisiana Breast & Cervical Health Program (LBCHP).
- Learn the provider and patient benefits of participating in LBCHP.
- Learn the services offered by the Well-Integrated Screening and Evaluation for WOMen Across the Nation (WISEWOMAN) program to address cardiovascular disease.
- Learn the provider and patient benefits of participating in the WISEWOMAN program.

Louisiana Breast & Cervical Health Program



LBCHP.org

A division of Louisiana Cancer Prevention & Control Programs (LCP)
LSU Health New Orleans | School of Public Health

Breast & Cervical Cancer Burden in Louisiana

- Louisiana (LA) ranks **4th** in both breast and cervical cancer deaths.
 - LA ranks **1st** in cervical cancer deaths among Black/African American women.
- Breast cancer is the **2nd** leading cause of cancer death among LA women. Cervical cancer is the **17th**.
- Black/African American women in LA are more likely to be diagnosed with and die from breast and cervical cancer than White women.

Our Mission

To reduce the burden of breast and cervical cancer by providing access to quality breast and cervical cancer screening services at no cost to low-income, uninsured and underinsured women in Louisiana.



How We Accomplish Our Mission



- Partner with healthcare facilities throughout Louisiana (“LBCHP Providers”).
- These facilities provide **Clinical & Patient Navigation Services** to ensure timely access to breast and cervical screenings, diagnostics, and initiation of treatment.

History

Breast & Cervical Cancer Mortality Prevention Act of 1990

- Congress mandated the CDC to create the National Breast and Cervical Cancer Early Detection Program (NBCCEDP) to provide **low-income**, **uninsured**, and **underserved** women access to timely breast and cervical cancer screening and diagnostic services.

Breast & Cervical Cancer Treatment and Prevention Act of 2000

- Women who qualify for LBCHP have access to treatment through the Louisiana Breast and Cervical Cancer (BCC) Medicaid Program
- Same benefits as regular Medicaid
- Louisiana covers women screened through an LBCHP provider

LBCHP is the link to accessing BCC Medicaid

LBCHP Eligibility

- ✓ **Age:** Cervical 21-64; Breast 40-64; or any age up to 64 with symptoms or high-risk
- ✓ **Income:** At or below 250% FPL
- ✓ **Residency:** Louisiana resident (LA address)

Insurance Status	LBCHP Services
Uninsured	Navigation & all clinical services*
Insured + high co-pays	Navigation; out-of-pocket assistance & diagnostic services if needed
Insured, sufficient coverage	Navigation

*Per statute, clinical service reimbursement must not exceed the Medicare Part B (medical insurance/outpatient) rate.

Screening & Navigation Services

Clinical Services

- ✓ Clinical breast exams
 - ✓ Mammograms
 - ✓ Pelvic exams
- ✓ Pap & HPV tests
- ✓ Diagnostic tests

Patient Navigation

- ✓ Support
- ✓ Help making and getting to appointments
- ✓ Connecting to translation services
- ✓ Connect to out-of-pocket assistance
- ✓ Make sure patients start treatment

Locations

New Orleans

Breast

- University Medical Center (UMC)
- St. Thomas Community Health Center

Cervical

- NOELA Community Health Center
- CrescentCare
- Luke's House

Baton Rouge

Breast

- Woman's Hospital

St. Gabriel

Cervical

- St. Gabriel Health Clinic Inc.

Independence

Breast & Cervical

- Lallie Kemp Regional Medical Center

Lake Charles

Breast

- CHRISTUS Ochsner St. Patrick Hospital

Alexandria

Breast & Cervical

- CHRISTUS St. Frances Cabrini Hospital

Shreveport

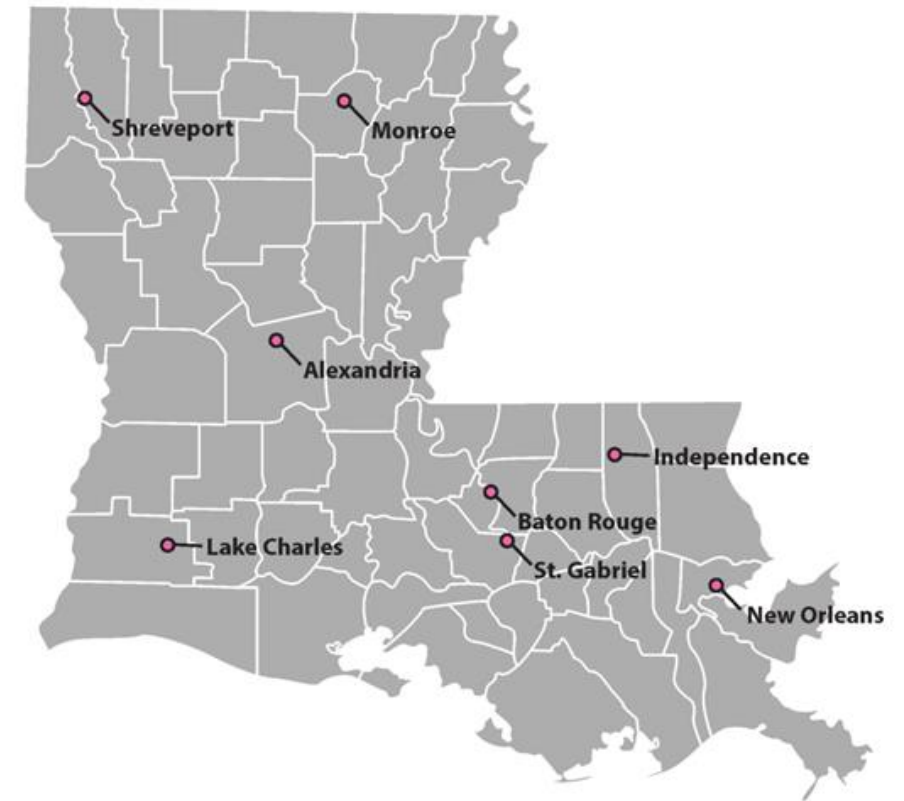
Breast & Cervical

- LSUHSC-Shreveport/Partners in Wellness

Monroe

Breast & Cervical

- Ochsner LSU Health Monroe



Patient & Provider Benefits

Patient

- ✓ Uninsured: Access to no-cost breast and cervical cancer screenings and patient navigation support.
- ✓ Underinsured: Access to patient navigation support.
- ✓ Assistance with reducing barriers and out-of-pocket costs.
- ✓ Access to BCC Medicaid for treatment.

Provider

- ✓ Reimbursement for allowable clinical and diagnostic services at the Medicare Part B rate or support for patient navigation and data entry staff.
- ✓ Professional development opportunities
- ✓ LBCHP marketing support and promotional items.

LBCHP Materials

LBCHP
LOUISIANA
BREAST & CERVICAL
HEALTH PROGRAM

NO-COST MAMMOGRAMS & PAP TESTS FOR LOUISIANA WOMEN WHO QUALIFY

Cancer is a leading cause of death in women. Regular mammograms and Pap-tests can help find breast and cervical cancer early when it's easier to treat.

What kind of help can I get through LBCHP?

Clinical Services:

- Clinical breast exam
- Mammogram
- Pelvic exam
- Pap test
- Diagnostic tests

Navigation Services:

- Support
- Help making appointments
- Help getting to your appointments
- Connecting you to translation services
- Making sure you get treated after cancer is found

Can I get no-cost cancer screenings and navigation support?

Yes - if you meet the following criteria:

- Age:**
 - Cervical cancer screening (Pap test): 21 to 64
 - Breast cancer screening (mammogram): 40 to 64
 - You can also get help if you're younger than 40 and are having symptoms.
- Income:** Your household income must be at or below 250% of the Federal Poverty Level.
- Insurance Status:**
 - Uninsured - You can get screenings and navigation support.
 - Insured - You can get navigation support. If a needed diagnostic service is not covered by your insurance or you can't afford your co-pay/deductible, LBCHP can help.

How do I make an appointment?

Call Lisa Melder: 985-878-1340

Lillie Kemp Regional Medical Center
62579 Hwy 51 S
Independence, LA 70443

LSU Health
Health Care Services Division
Lillie Kemp Regional Medical Center

For more info about LBCHP: Visit us at lbchp.org | Call our infoline at 8

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Do I qualify for no-cost cancer screenings and navigation support?

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- Age:**
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- Insurance Status:**
 - Uninsured - You can get screenings and navigation support.
 - Insured - You can get navigation support. If a needed diagnostic service is not covered by your insurance or you can't afford your co-pay/deductible, LBCHP can help.

Where can I get screened?

We have partner providers located around the state. Contact us to find an LBCHP location nearest you.

Call us at 1-888-1

Visit us at [lbchp](https://lbchp.org)

LBCHP
LOUISIANA
BREAST & CERVICAL
HEALTH PROGRAM

MAMMOGRAFÍAS Y PRUEBAS DE PAPANICOLAOU LIBRES DE COSTO PARA MUJERES EN LOUISIANA QUE CALIFIQUEN

El cáncer es una de las principales causas de muerte en las mujeres. Las mamografías regulares y las pruebas de Papanicolaou pueden ayudar a detectar el cáncer de mama y de cuello uterino a tiempo cuando es más fácil de tratar.

¿Qué tipo de ayuda puedo obtener a través de LBCHP?

Servicios clínicos:

- Examen clínico de mama
- Mamografía
- Examen pélvico
- Prueba de Papanicolaou
- Pruebas diagnósticas

Servicios de navegación:

- Ayuda para hacer citas
- Ayuda a llegar a tus citas
- Conectarte a los servicios de traducción
- Asegurarte de que te traten después si se encuentra cáncer

¿Dónde puedo completar las pruebas de cáncer en Nueva Orleans?

Si tienes entre 21 a 64 años de edad puede que califiques para servicios a través de LBCHP. Para confirmar tu elegibilidad o para más información:

- Llama a Rosamar Torres al 504.568.5856
- O llama a una de las clínicas a continuación







Garden District
St. Thomas Community Health Center
1020 St. Andrew Street
M-F 8 am to 4 pm
F 8 am to 12 pm
504-331-9998

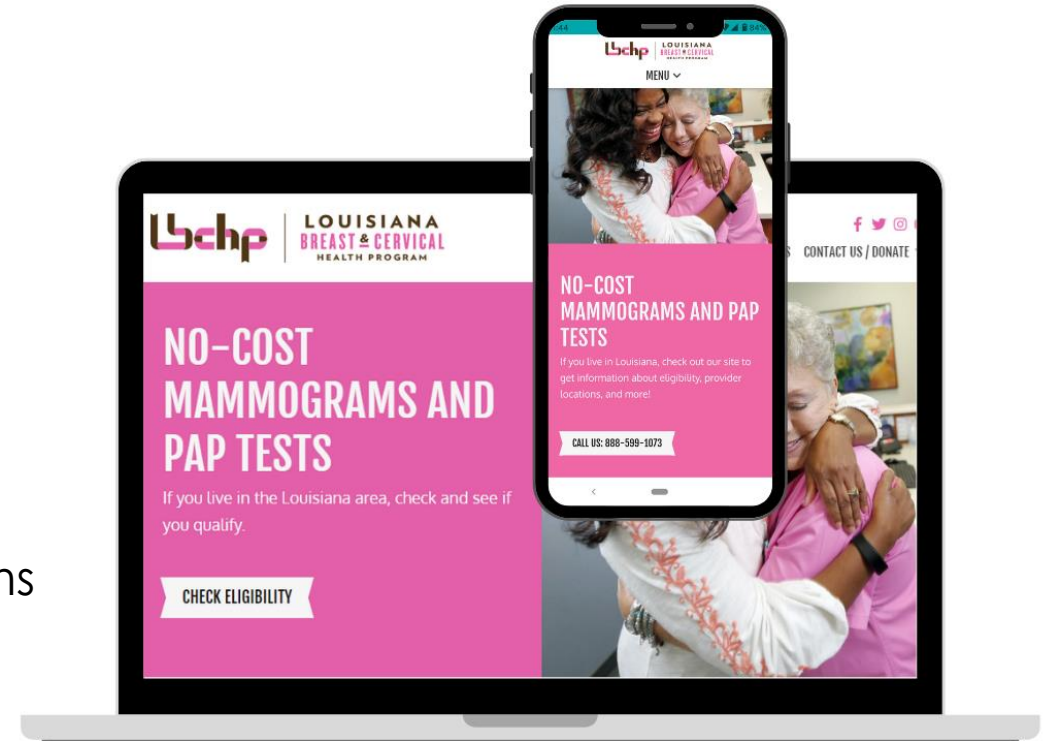
New Orleans East
NOELA Community Health Center
1308s Chef Menteur Hwy
M-F 8 am to 5 pm
Sat 8 am to 12 pm
504-255-8665

Downtown
University Medical Center
2000 Canal Street
M-F 7:30 am to 4 pm
504-702-3134

Visit: <https://lbchp.org/learn-more>

Learn More About LBCHP

-  - 1-888-599-1073
-  - LBCHP.org
-  - @LouisianaCancer
-  - @LouisianaCancer
-  - @LouisianaCancerPrevention
-  - Louisiana Cancer Prevention & Control Programs



WELL-AHEAD

WELLAHEADLA.COM



WISE
Woman♥

WISEWOMAN Program Overview



- An extension of the Louisiana Breast and Cervical Health Program (LBCHP) providing cardiovascular disease (CVD) screenings and membership for approved lifestyle support programs or health coaching to women
- Eligibility:
 - Eligible for or participating in LBCHP
 - Aged 40-64
 - At risk for CVD
 - High Blood Pressure (Systolic >120mmHg or Diastolic >80mmHG)
 - Overweight (BMI >25)
 - Uses tobacco products
 - Family History of CVD
 - Willing to participate in a support service, such as WW (formerly Weight Watchers, TOPS, NDPP) or Health Coaching

WISEWOMAN

Services and CVD



- Empower women to know their risk for cardiovascular disease
- Through **risk reduction counseling**, educate women on their health and how their behaviors can effect their health
- Providers will use **motivational interviewing**, to address barriers to support services and behavior change with the WISEWOMAN participant and refer women to a **lifestyle support program or health coaching (HBSS)**
- WISEWOMAN will pay for participants to attend a HBSS, where they will learn how to make small changes to **improve their health**

WISEWOMAN Patient Support Services and Benefits



- Support services to assist in behavior modification for improved health outcomes
- Blood pressure monitoring equipment provided to program participants for at-home, convenient self-monitoring BPs
- Wellness and heart healthy support items: air fryers, cooking supplies, weight scales, pedometers, etc.
- Vouchers to grocery stores, farmer's markets, and Nutritionist support
- Membership vouchers to health centers, gyms, or fitness centers
- Ride-share transportation gift cards

WISEWOMAN Clinic Requirements



- First WISEWOMAN visit is integrated with the LBCHP visit (Integrated Initial Visit)
- Provide risk reduction counseling to women participating in WISEWOMAN
- Refer to a support service
- Collect data elements, health behavior questions and clinical information, from participants and utilize WISEWOMAN data management system to submit data to WISEWOMAN team.
- WISEWOMAN participants have two required on-site visits:
 - Initial screening: baseline visit
 - Rescreening: 11-18 months after initial visit, WISEWOMAN returns for an annual visit and can re-enroll in WISEWOMAN
- Virtual/remote options for all other in between monthly WISEWOMAN visits

WISEWOMAN Funds



- Funds are allowed for the following services:

- Laboratory tests (non-fasting ok)
- Second set of labs (if non-fasting labs are abnormal)
- Risk Reduction Counseling
- Office visit for evaluation of alert value or other disease-level values
- Providing appropriate attention to abnormal blood pressure measurements
- Case management
- Support Services

- Funds are not allowed for the following services:

- The integrated office visit
- Medication or other medical treatment or procedures for clinical conditions
 - WISEWOMAN does provide referrals to resources for low cost/discounted medication assistance for hypertension/cardiovascular related medications

WISEWOMAN Provider Benefits



- Professional development CEU assistance for clinical providers
- Lifestyle/health coach training to site staff and providers
- Digital Technical Assistance via WALPEN (Well-Ahead Louisiana Provider Education Network)
- HBSS material from credible resources such as AHA/ASA/Million Hearts
- Community partner support and linkages
- WISEWOMAN program marketing material
- Swag bags, promotional items for giveaways, outreach events
- Bilingual CHW/WISEWOMAN Navigator for new clinics' rendering WISEWOMAN screenings
- Site start up equipment: point of care equipment, electronic devices, weight scales, etc.
- Reimbursements to WISEWOMAN sites at fee per service state allowed amounts
- Site incentives for clinical support services
- Site incentives for clinic Facebook post engagements
- EMR training/support for data entry

WISEWOMAN Print Materials



Did you know that heart disease is the #1 killer of *women* in the United States?

Women are moms, sisters, grandmothers, aunts, and friends that often put the needs of others in front of themselves. Now is the time to take care of YOU! Know your blood pressure, cholesterol and blood sugar numbers: they can tell you if you're at risk for a heart attack or stroke. When you're aware and taking charge, you're a WISEWoman!

A healthy lifestyle is the best way to reduce your risk of heart disease or stroke. This may mean making healthy food choices, getting more exercise, or quitting smoking.

The creation of this brochure was made possible by cooperative agreement DP18-1816 from the Centers for Disease Control and Prevention/Division for Heart Disease and Stroke Prevention/WISEWOMAN Program. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC. By joining the Facebook group, you are agreeing to Facebook's Terms of Service, which can be found at www.facebook.com/terms.php.



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WISEWoman is a program of Well-Ahead Louisiana. Ask your doctor if you are eligible.

Join the exclusive WISEWoman Facebook group to receive tips and encouragement from others taking this journey with you!



Learn more: www.wellaheadla.com/WISEWOMAN

Heart disease is the #1 killer of *women* in the United States. Are you at risk?

Take the short test below to find out more.

1. Do you have an immediate family member with a heart disease, such as high blood pressure?	
If yes, add a checkmark to the box.	
2. What is your blood pressure category?	
Refer to the Blood Pressure Chart below. If your blood pressure is not in the green column, add a checkmark to the box.	
3. What is your weight category?	
Refer to the Weight Chart below. If your weight is greater than the listed weight by your height, add a checkmark to the box.	
4. Do you use tobacco products?	
If yes, add a checkmark to the box.	

If you have one or more checkmarks, you are at risk for heart disease. The more checkmarks you have, the higher your risk. Ask your doctor how you can reduce your risk through WISEWoman services.

If you have no checkmarks, congratulations! You are likely not at risk for heart disease. Be a leader for heart health in your community.

Blood Pressure & Weight					
	Normal	Elevated	High BP Stage 1	High BP Stage 2	Hypertensive Crisis
Systolic mm HG (upper)	<120	120-129	130-139	140 or higher	>180
	and	and	or	or	and/or
Diastolic mm HG (lower)	<80	<80	80-89	90 or higher	>120
Height	Weight	Height	Weight	Height	Weight
4'10"	119-142	5'5"	150-179	6'0"	184-220
4'11"	124-147	5'6"	155-185	6'1"	189-226
5'0"	128-152	5'7"	159-190	6'2"	194-232
5'1"	132-157	5'8"	164-196	6'3"	200-239
5'2"	136-163	5'9"	169-202	6'4"	205-245
5'3"	141-168	5'10"	174-208		
5'4"	145-173	5'11"	179-214		

What is WISEWOMAN?

Well-Integrated Screening and Evaluation for Women Across the Nation (WISEWOMAN) is a program created to help women understand and reduce their risk for heart disease and stroke by supporting

Get Connected

Join the exclusive WISEWOMAN Facebook group to receive tips and encouragement from others taking this journey with you!



WISEWOMAN Serves

Women who:

- Qualify for the Louisiana Breast and Cervical Health Program
- Live in the areas of the state where WISEWOMAN is available
- Are between the ages of 40 and 64
- Have a low income
- Have no insurance or insurance with high out-of-pocket costs

WISEWOMAN Provides

- Screenings to determine overall risk of heart disease, including:
 - Blood pressure
 - Body mass index
 - Cholesterol
 - Diabetes and prediabetes
- Counseling to reduce the risk for a heart attack and stroke
- Patient referrals to programs that help women make healthy lifestyle changes, as well as low-cost medication resources



Did you know that heart disease is the #1 killer of women in the United States?

Your entire body relies on your heart and circulatory system to get what it needs. Many things influence the risk for heart disease and stroke, including:

- High blood pressure
- High LDL cholesterol
- Smoking
- Being at an unhealthy weight
- Excessive alcohol use
- Diabetes and prediabetes
- Being physically inactive
- Poor nutrition
- Family history of heart disease, diabetes or stroke



Take care of your heart!

Now is the time to take care of YOU! Know your blood pressure, cholesterol and blood sugar numbers: they can tell you if you're at risk for a heart attack or stroke. When you're aware and taking charge, you're a WISEWOMAN! A healthy lifestyle is the best way to reduce your heart disease or stroke. This may mean making healthy food choices, getting more exercise or quitting smoking. WISEWOMAN participants are enrolled in programs that help them live a heart healthy lifestyle. Ask your doctor for more information about WISEWOMAN programs available in your community. You can also visit www.wellaheadla.com/CRG for a full list of free health resources in your community.



WISEWOMAN Patient Education

HOW TO EAT WELL



Make smart food choices.

Making healthy choices can help reduce your calorie, fat, and salt for a healthy heart.

CHOOSE

- Vegetables
- Fruits
- Whole grains (such as brown rice, whole wheat pasta, whole wheat bread, and oats)
- Beans and peas
- Lean animal proteins (such as skinless poultry, 93% or above lean beef, fresh cuts of lean center-cut pork, fish, and seafood)

LIMIT

- Processed grains (such as crackers, cookies, and rolls)
- Full-fat dairy products (such as whole milk or cheese)
- Canned and packaged foods (such as soups, canned vegetables, and canned tuna)
- Salty and/or high fat condiments (such as soy sauce, bbq sauce, cajun seasoning, gravy, and salad dressings)

Learn the Salty Six

Limiting foods high in salt can help manage your blood pressure. The Salty Six are common foods that can be loaded with extra salt.

- Breads & Rolls
- Pizza
- Sandwiches
- Deli/Cured Meats
- Soup
- Burritos & Tacos

Visit www.wellaheadla.com/WISEWOMAN for ways you can cook your favorite foods with less salt.

Read Nutrition Labels

Understanding nutrition labels can help you make smart food choices. Look for the following information on the Nutrition Facts label:

Nutrition Facts	
Serving size 1 cup (240g)	
Calories 240	
Total Fat 10g	
Sodium 100mg	
Total Sugar 10g	
Protein 10g	

Here is an example of a menu using these healthy choices

- | Breakfast | Lunch | Snack |
|-------------------------|----------------------------------|-----------------------|
| • 1 cup cooked oatmeal | • 2 cup salad greens | • 1 medium apple |
| • 1 small banana | • ½ cup raw veggies | • 1 oz. cheese |
| • 1 Tbsp. peanut butter | • ½ cup black beans | • 1 boiled egg |
| • 1 cup skim or 1% milk | • 2 Tbsp. vinegar-based dressing | • 6 unsalted crackers |

HOW TO MANAGE WEIGHT



Choosing healthier foods is the first step in managing your weight.

Other small steps you can take to help lose or maintain your weight are:

- ✓ Using your BMI to set a weight goal
- ✓ Controlling your portions
- ✓ Being a smart shopper
- ✓ Cooking at home

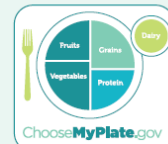
Body Mass Index (BMI)

is a number that compares your weight to your height. Knowing your BMI can help you determine whether you're at a healthy weight or need to lose weight.

YOUR BMI	GOAL	SOME RISK	HIGH RISK
	18.5-24.9	25-29.9	30 or higher

You can determine your BMI by using the chart below:

BMI CALCULATOR		WEIGHT (POUNDS)																
		100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	
HEIGHT (FEET, INCHES)	4'0"	30.5	31.6	32.7	33.7	34.7	35.8	36.8	37.8	38.8	39.8	40.8	41.8	42.8	43.8	44.8	45.8	
	4'2"	30.1	30.9	31.7	32.6	33.4	34.2	35.0	35.8	36.6	37.4	38.2	39.0	39.8	40.6	41.4	42.2	
	4'4"	29.6	29.3	30.1	30.8	31.6	32.3	33.0	33.7	34.4	35.1	35.8	36.5	37.2	37.9	38.6	39.3	
	4'6"	29.1	28.5	29.0	29.7	30.3	30.9	31.5	32.1	32.7	33.3	33.9	34.5	35.1	35.6	36.2	36.8	
	4'8"	28.6	28.1	28.5	29.0	29.5	30.0	30.5	31.0	31.5	32.0	32.5	33.0	33.5	34.0	34.5	35.0	
	4'10"	28.1	27.6	28.0	28.4	28.9	29.3	29.8	30.2	30.7	31.1	31.6	32.0	32.5	32.9	33.4	33.8	
	5'0"	27.1	26.6	26.9	27.3	27.6	28.0	28.3	28.7	29.0	29.4	29.8	30.2	30.5	30.9	31.3	31.6	
	5'2"	26.6	26.1	26.4	26.7	27.0	27.3	27.6	27.9	28.2	28.5	28.8	29.1	29.4	29.7	30.0	30.3	
	5'4"	26.1	25.5	25.8	26.1	26.4	26.7	27.0	27.3	27.6	27.9	28.2	28.5	28.8	29.1	29.4	29.7	
	5'6"	25.6	25.0	25.3	25.6	25.9	26.2	26.5	26.8	27.1	27.4	27.7	28.0	28.3	28.6	28.9	29.2	
5'8"	25.1	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2	27.5	27.8	28.1	28.4	28.7		
5'10"	24.6	24.0	24.3	24.6	24.9	25.2	25.5	25.8	26.1	26.4	26.7	27.0	27.3	27.6	27.9	28.2		
6'0"	23.6	23.0	23.3	23.6	23.9	24.2	24.5	24.8	25.1	25.4	25.7	26.0	26.3	26.6	26.9	27.2		
		underweight	normal	ideal	overweight	obese												



CONTROL PORTIONS

Portioning foods can help cut down on the calories, fat, and salt you eat. Using the MyPlate model makes it easy.

- Fill your plate with:
- ½ fruits and vegetables
 - ¼ grains such as rice or pasta
 - ¼ protein

SHOP SMART

- Make a shopping list using the MyPlate model.
- Buy foods in their most natural forms—fresh or frozen rather than packaged or canned.

COOK AT HOME

- Using MyPlate as a guide, plan meals in advance to avoid relying on fast food.
- Choose low fat cooking methods such as baking, broiling, or grilling.
- Use garlic, onion, dried herbs, and spices to add flavor instead of salt.

INSTRUCCIONES PARA MEDIR LA PRESIÓN ARTERIAL

NO FUMES, NO HAGAS EJERCICIO NI TOMES BEBIDAS CON CAFÉINA O ALCOHOL 30 MINUTOS ANTES DE MEDIR LA PRESIÓN.

DESCANSAR EN UNA SILLA POR AL MENOS 5 MINUTOS, CON EL BRAZO IZQUIERDO REPOSADO COMODAMENTE SOBRE UNA SUPERFICIE PLANA AL NIVEL DEL CORAZÓN. SIÉNTATE TRANQUILO Y NO HABLES.

ASEGÚRATE DE ESTAR RELAJADO. SIÉNTATE EN UNA SILLA CON LOS PIES PLANOS EN EL PISO, Y CON LA ESPALDA DERECHA Y APOYADA EN EL RESPALDO.

MEDE AL MENOS DOS VEGES CON INTERVALOS DE 1 MINUTO EN LAS MAÑANAS ANTES DE TOMAR MEDICAMENTO, Y EN LAS NOCHES ANTES DE CENAR. REGISTRA TODOS LOS RESULTADOS.

USA UN INSTRUMENTO DEBIDAMENTE CALIBRADO Y VALIDADO. REVISAR EL TAMAÑO Y AJUSTE DEL BRAZALETE.

COLOCA LA PARTE INFERIOR DEL BRAZALETE ABRIDA DEL CODO DEL CODO.

Niveles de presión arterial recomendados por la Asociación Americana del Corazón

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (número de arriba)	DIASTOLIC mm Hg (número de abajo)
NORMAL	MEÑOS DE 120	Y MEÑOS DE 80
ELEVADA	120 A 129	Y 80
PRESIÓN ARTERIAL ALTA (HIPERTENSION NIVEL 1)	130 A 139	O 80 A 89
PRESIÓN ARTERIAL ALTA (HIPERTENSION NIVEL 2)	140 O MÁS	O 90 O MÁS
CRISIS DE HIPERTENSION (consulta a un médico de inmediato)	MÁS ALTA DE 180	Y/O MÁS ALTA DE 120

PRESIÓN ARTERIAL MÁS ALTA DE 180/120 mm Hg ES UNA EMERGENCIA.

MÁS INFORMACIÓN EN HEART.ORG/HBP

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CÓMO CONTROLAR LA PRESIÓN ARTERIAL



S VALORES

La presión arterial es comprender el riesgo de tener una presión arterial normal o hipertensión. heart.org/BPlevels

7 **Sistólica:** el número superior, que es el mayor de los dos, mide la presión de las arterias cuando late el corazón (durante la contracción del músculo cardíaco).

6 **Diastólica:** el número inferior, que es el menor de los dos, mide la presión de las arterias cuando el corazón está en reposo entre latidos.

mm Hg (mmHg)	DIASTÓLICA mm Hg (número fondo)
120 y	inferior a 80
130 y	80
139 o	80 a 89
140 o más	90 o más
180 y/o	superior a 120

RES

Los profesionales de la salud pueden medir la presión arterial y realizar recomendaciones.

Acuerdo de suscripción a Revisar. Cambie. Controle. te ayuda a saber si consigues reducir la presión arterial.

Realiza un seguimiento online en cctracker.com/AHA

MYLIFE CHECK Y HEART.ORG/HBP

Para los detalles de suscripción, consulte el sitio web.

3 CONSEJOS

COME DE FORMA INTELIGENTE

Come verduras, frutas, cereales integrales, alubias, legumbres, frutos secos, proteínas de origen vegetal, proteínas magras de origen animal y pescado. Restringe el sodio, las grasas saturadas y los azúcares añadidos. Restringe las bebidas y los alimentos azucarados, las carnes grasas o procesadas, los alimentos salados, los carbohidratos refinados y los alimentos muy procesados. heart.org/EatSmart

MUÉVETE MÁS

La actividad física ayuda a regular la presión arterial, el peso y el estrés. heart.org/MoveMore

CONTROLA TU PESO

Si tienes sobrepeso, incluso una ligera pérdida de peso puede ayudarte a reducir la hipertensión arterial. heart.org/Weight

NO FUMES

Cada vez que fumas, vapores o consumes tabaco de otro modo, existe el riesgo de que la nicotina produzca un aumento temporal de la presión arterial. heart.org/Tabacco

DUERME BIEN

Pocas horas de sueño (menos de 6 horas) y dormir mal están relacionados con la hipertensión arterial.

Well-Ahead Louisiana Website

Well-Ahead Louisiana Community Resource Guide

Populated by Louisiana residents, the Community Resource Guide provides local resources for topics such as breastfeeding, diabetes prevention and management, health screenings, healthy eating, heart disease, physical activity, stress management, and tobacco cessation.

Looking for a community resource in your area?

Searching for local resources is easy! Check boxes under "Filter by Type" for topics you are interested in, select your parish from "Filter by Parish," and applicable results will appear in a list below the interactive map.

Is there a resource Louisiana residents should know about?

Submit a new resource by clicking the "Add Your Resource" button above. (This page will take a few moments to load). Please fill out as much information as possible. Thank you for helping us to move Louisiana's health forward!

Filter by Type

- ☐ Breastfeeding
- ☐ Diabetes Prevention and Management
- ☐ Health Screenings
- ☐ Healthy Eating and Food Resources
- ☐ Heart Screenings
- ☐ Physical Fitness
- ☐ Stress Management and Mental Health
- ☐ Tobacco Cessation and Prevention


Search

Filter by Type

- ☐ Breastfeeding
- ☐ Diabetes Prevention and Management
- ☐ Health Screenings
- ☐ Healthy Eating and Food Resources
- ☐ Heart Screenings
- ☐ Physical Fitness
- ☐ Stress Management and Mental Health
- ☐ Tobacco Cessation and Prevention

RESOURCES

Well-Ahead Louisiana
Community Resource Guide
www.wellaheadla.com/CRG

 Well-Ahead Louisiana
WISEWOMAN Facebook Group
@WISEWOMAN

Get Started Today



- LBCHP

- Toll Line: 888-599-1073
- Online referral (self referrals and community/organization referrals): <https://lbchp.org/>
- Contact LBCHP providers directly: <https://lbchp.org/locations/>

- WISEWOMAN

- Email contact: wellahead@la.gov
- Visit Well-Ahead Louisiana WISEWOMAN: www.wellaheadla.com/wisewoman

QUESTIONS?

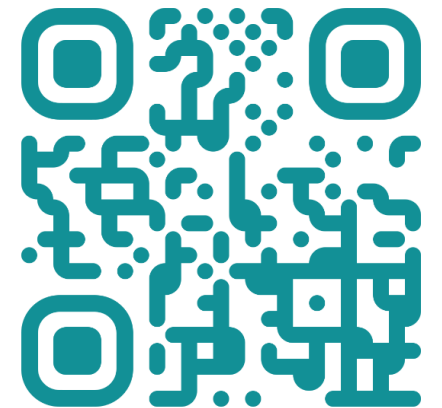


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 - Alisha.Jones@la.gov

Join the Provider Education Network!

- Well-Ahead Louisiana's Provider Education Network provides tools, training and technical assistance that can help you provide the best possible care to our communities
 - Biweekly Newsletters + Real-Time Email Alerts
 - Education and Training Opportunities
 - Community Linkage Coordination
 - Workforce Recruitment and Retention Support
- Learn More: www.wellaheadla.com/move-well-ahead/provider-education-network





Thank You for Joining Us!



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