



News Release

For Immediate Release:

Tuesday, May 11, 2010

Contact:

Whitney Johnson

Health Education Specialist

801-538-6829 (o)

559-314-4238 (c)

Utah Cancer Control Offers Free Screenings, Lifestyle Coaching *Services helping many women get on the road to better health*

(Salt Lake City, UT) – Helping Utah women access preventive health services like cancer and cardiovascular screenings and gain the wisdom and desire to improve their health is the goal of the Utah Cancer Control Program’s (UCCP) BeWise screening services.

The program, which targets women age 50 and older, was a life-changing experience for 61-year-old Connie Brown of Orem. Brown was between jobs and did not have insurance when she heard about BeWise.

“I was apprehensive about going, but my mind was immediately put at ease when I walked through the doors and was greeted by such an incredible, caring staff,” said Brown. “We are so lucky to have a program like this in our community.”

Brown took advantage of the free screenings and learned how to make positive lifestyle changes.

“I was lucky that I was given a clean bill of health, but I also learned that taking care of myself on a daily basis and getting regular screenings is key to staying healthy,” said Brown. “Now I do everything I can to get the word out about this program and encourage other women I know to participate.”

In honor of National Women’s Health Week, UCCP wants to remind women that, in addition to breast and cervical cancer screenings, other services include cholesterol, blood pressure, and glucose testing. Overall, the program gives women the knowledge and skills to improve diet, physical activity and other life habits to prevent, delay, or control cardiovascular and other chronic diseases. In 2009, more than 2,200 Utah women received a BeWise screening.

“We are excited to offer these services to women ages 50 to 64 who meet generous income guidelines,” said Kalynn Filion, BeWise Coordinator. “And National Women’s Health Week is a great time for women in our community to take that first step toward better health,” she added.

Women are encouraged to call 1-800-717-1811 or visit www.cancerutah.org to find out if they are eligible and learn more about where they can access the UCCP health screenings.

###

The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care and promoting healthy lifestyles.