

Chronic Disease Prevention Bulletin

January 2007



January is Cervical Cancer Awareness Month

Did you know that nearly 90 percent of Georgia women are taking action to prevent cervical cancer? That's according to the latest report from the Georgia Behavioral Risk Factor Surveillance System. This means that last year, over 3.4 million women over the age of 18 were tested for cervical cancer.

January is **Cervical Cancer Awareness Month**. This is a perfect time to bring up the subject with friends and loved ones and encourage them to see their doctor or healthcare provider for a cervical screening.



When caught early enough, the five-year survival rate for pre-cancer of the cervix is nearly 100 percent. For early stage or localized cervical cancer, the rate is over 90 percent.

Every year, over 400 women in Georgia are diagnosed with cervical cancer. An estimated 120 die. While great strides have been made, just one death is too many.

Source: www.cancer.org

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Make good health your New Year's Resolution!

Good health is an important part of good vision. The healthier you are the better chance you have of avoiding risks to your eyes.

Did you know that you can lower your risk of eye disease and vision loss if you:


- Avoid smoking
- Eat healthy foods
- Stay active
- Control your blood pressure
- Protect your eyes from the sun.

CELEBRATE NATIONAL WEAR *red* DAY



Friday, February 2, 2007

On National Wear Red Day Americans nationwide will wear red to show support for women's heart disease awareness. *The Heart Truth* is: "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women."

Join the national awareness movement by wearing red on February 2nd and encourage your family, friends, and coworkers to do the same. For more information on *The Heart Truth* campaign, National Wear Red Day, and the Red Dress—the national symbol of women and heart disease awareness—visit www.hearttruth.gov.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
National Institutes of Health
National Heart, Lung, and Blood Institute



The Heart Truth is a national awareness campaign for women about heart disease sponsored by the National Heart, Lung, and Blood Institute.

Sources: www.SEHDph.org
www.livehealthygeorgia.org
www.preventblindness.org

