

## BCCCP and Susan G. Komen for the Cure

Nash County Health Department (NCHD) participates in North Carolina's Breast and Cervical Cancer Control Program (BCCCP). Through this program, women who qualify can receive free mammograms and other tests to diagnose breast and cervical cancer. NCHD has also received funding from the Susan G. Komen for the Cure North Carolina Triangle to the Coast Affiliate to help women with little or no insurance get the screening mammograms and diagnostic services they need.



NCHD offers confidential services at no cost or on a sliding fee scale to all residents of Nash County.

Services are provided at NCHD regardless of race, age, religion, gender, marital status, national origin, or handicapped status.

## Partners in Serving Women in Nash County



For information about Women's Health Watch appointments or women's health issues, call either of the Nash County Health Department offices listed below.

## Nash County Health Department Locations:

Nashville Office  
214 South Barnes St  
P.O. Box 849  
Nashville, NC 27856  
252-459-9819

Rocky Mount Office  
322 South Franklin St  
Rocky Mount, NC 27804  
252-446-0027

## Women's Health Watch

An annual screening clinic for women of Nash County

Nash County Health Department



Nashville Office: 252-459-9819  
Rocky Mount Office: 252-446-0027



# Our Goal: A Healthy, Active You

Making healthy life choices are critical factors in the quality of life a person will have. Many unhealthy habits can lead to major illnesses and conditions, such as heart disease, stroke, and various cancers. These unhealthy choices may include:

- Eating foods high in cholesterol, fat, and salt
- Carrying excess weight
- Smoking
- Not exercising regularly

Women who make unhealthy choices and have close relatives with any of these illnesses and conditions are more likely to develop these problems themselves.



## Screening

Nash County Health Department (NCHD) offers Women's Health Watch (WHW), an annual screening clinic to help women learn about their chances of developing heart disease, stroke, and several kinds of cancer. Any woman who no longer needs prescription birth control may be seen in this clinic. If a woman needs birth control, she should contact the Family Planning Clinic at the NCHD. Women of all ages need to have regular checkups to pick up health problems early when they are most treatable. During WHW, a woman may receive screening for:

- Breast and Cervical Cancer (mammograms and pap smears)
- Diabetes
- Anemia
- High Cholesterol
- High Blood Pressure
- Weight Management
- Sexually Transmitted Infections (STIs)

During this clinic, a woman may also receive a height/weight evaluation and any immunizations she may need.

## Education

Once screened, clinic staff will discuss test results with you along with your personal and family history. They will help you make a plan for healthy choices to create a healthier you. They can also refer you to other professionals who can treat any health problems already present.



Staff can discuss with you ways to improve your eating habits, become more physically active, and give you information about smoking cessation.

They will also talk with you about practicing Breast Self Awareness (BSA) by checking your breasts on a regular basis for any changes.

### Can you answer YES?

- Do you eat at least FIVE fruits and vegetables every day?
- Do you exercise for 30 minutes at least 5 days every week?
- Are you checking your breasts regularly for changes?
- Are you having yearly health screenings?
- Are you finding ways to reduce stress in your life?