

Safety Tips

When a Fight Breaks Out:

- Move away from the kitchen, bathroom or any place where there are dangerous or sharp objects
- Plan the easiest escape. Decide on a door or window to exit quickly and safely.
- Find a neighbor, friend or family member whom you can trust to help you and your children, or to call the police.

If You Decide to Leave Your Partner:

Make copies of keys and important papers and leave them with a friend, neighbor or religious organization. Some important items to have include birth certificates, legal papers/proof of residency, money, medications, a few clothes, phone numbers, sentimental items, and special toys if you have children. Do not tell your partner where you are going or that you are planning to leave.

Safety when separated:

- Change the locks on your doors.
- Learn about your legal rights. If you have legal papers to protect you, keep them with you at all times.
- Tell neighbors, friends, landlords or coworkers that your partner no longer lives with you. Ask them to notify you and/or police immediately if they see your abusive partner near your home or place of work.
- If your former partner is dangerous, find someone at work to tell. Provide them with a picture and ask them to call 911 if your former partner comes around.
- This is the time you are most at risk. Seek help from a domestic violence professional.

Resource Information

Heart Disease & Stroke:

Carolinas Heart Institute
704-355-4005
American Heart Association
www.americanheart.org
American Stroke Association
www.strokeassociation.org

Cancer:

Carolinas Medical Center Blumenthal
Cancer Center
704-355-2884
American Cancer Society—Charlotte
704-376-1659

Domestic Violence:

If you are in immediate danger, call 911
The Domestic Violence Healthcare Project
704-446-3999; 24 hour adult and child emotional support, safety planning, referrals
The Shelter for Battered Women
704-332-2513; 24 hour crisis line, counseling and residential services
Victim Assistance
704-336-4126; assistance obtaining Personal Protective orders and court assistance
Women's Commission
704-336-3210; adult and child emotional support, employment and legal assistance
National Domestic Violence Hotline
1-800-799-SAFE, 1-800-787-3224 (TTY)

Women's Health

Tips for Healthy Living

Take part in your own healthcare. Know the most common health risks for women and how to get the help you need if you are facing one of these life threatening issues.

Heart Disease and Stroke

1 in 2 women are at risk of suffering from heart disease or stroke. These conditions occur when arteries that supply the heart and brain with blood become clogged from a build up of cells, fat, or cholesterol.

To lower your risk for cardiovascular disease:

- Refrain from smoking
- Lower your cholesterol and blood pressure
- Stay physically active and maintain a healthy weight
- Treat diabetes

Warning signs of a heart attack may include:

- Discomfort in the chest, neck, or arms
- Shortness of breath
- Cold sweats
- Nausea, lightheadedness, or weakness

Warning signs of a stroke may include:

- Sudden numbness, especially in one side of the body
- Sudden confusion or trouble speaking or seeing
- Loss of balance or coordination
- Sudden severe headaches with no known cause

Heart attack and stroke are life and death emergencies — every second counts. If any of the warning signs appear, call 911 and get emergency medical help immediately.

Cancer

1/3 of all women in the United States will be diagnosed with cancer. This disease occurs when abnormal cells in a part of the body grow out of control.

To help prevent cancer it is important to:

- Refrain from smoking and avoid second-hand smoke
- Eat five fruits and vegetables a day
- Exercise 30 minutes, five days a week
- Maintain a healthy weight
- Keep alcohol consumption to a minimum
- Protect skin when outdoors (sunscreen, clothing/hats, etc.)

Regular check-ups, self-exams, and recognizing symptoms are important ways to detect cancer early when it is most treatable. It is important to contact your physician if you have any of these symptoms, particularly if they persist longer than several weeks:

- Unexplained weight loss
- Fever, excess fatigue or unusual pain
- Changes in the skin (lesions, irregular moles, etc.)
- Unusual bleeding or discharge
- Thickening or lump in breast or other parts of the body
- Indigestion or difficulty swallowing
- Nagging cough or hoarseness

Domestic Violence

1 in 3 women will experience domestic violence at some point in their lifetime.

Does your partner:

- Push, slap or hit you?
- Embarrass you with bad names or put-downs?
- Act in ways that scare you?
- Control what you do, who you see or talk to, or where you go?
- Stop you from seeing or talking to friends and family?
- Take your money, make you ask for money or refuse to give you money?
- Make all the decisions?
- Say you're a bad parent or threaten to take away or hurt your children?
- Destroy your property or threaten to hurt your pets?
- Act like the abuse is no big deal, blame you for the abuse, or deny abusing you?
- Threaten to kill you or himself?

If you answered yes to any of the above questions you may be in an abusive relationship. Domestic violence professionals can help you with emotional support, safety planning, a safe place to stay, children's services, and legal assistance.