



Department of Health  
Agency of Human Services



## Ladies First Offers Heart Disease and Stroke Prevention Services

For Immediate Release: February 3, 2012

Media Contact: Communication Office  
Vermont Department of Health  
802-863-7281

BURLINGTON – In support of heart health for women and Wear Red Day, the Vermont Department of Health is highlighting its Ladies First cardiovascular screening services.

Ladies First is funded by the Centers for Disease Control & Prevention to provide screenings, lifestyle interventions and referral services to prevent cardiovascular disease for limited-income women.

The program has screened 8,000 Vermont women since its inception in 2001 and served more than 84,000 women across the country.

In Vermont, Ladies First partners with over 4,200 health care providers across the state to provide limited-income, uninsured and underinsured women age 21 and older with preventive services, including blood pressure and cholesterol testing. Ladies First also offers testing for diabetes.

“Women are not just tested and referred, but they can also take advantage of a lifestyle nutrition and physical activity program,” said Nicole Lukas, director of women’s health for the Health Department. “Women who smoke are encouraged to quit. The program is designed to help make lasting healthy lifestyle changes.”

To apply, or for more information, call toll-free 800-508-2222 or visit [www.LadiesFirstVt.org](http://www.LadiesFirstVt.org). For people who are deaf or hard of hearing, call Vermont Relay Service at 711 and give the Ladies First number.

Foreign language interpreters, transportation, child care and elder care are also available.

For health news, alerts and information visit [Healthvermont.gov](http://Healthvermont.gov).

You can also follow us on [Twitter](#) and join us on [Facebook](#).

###

Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402  
Voice: 802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first  
Health Care Provider Infectious Disease Reporting: 802-863-7240 or 800-640-4374  
||| | [Web Browser](#)

