



Make Your Health a Regular Appointment

A Role Play at Ms. Faye's Hair Salon

Ms. Faye is a community health worker and the owner of a hair salon. Pam is her friend and regular client.

Faye

Are you coming to my cholesterol screening next Sunday at the church's health fair? I'll be giving a talk about eating foods lower in fat.

Pam

I don't know if I believe all the fuss about high cholesterol.

Faye

I had my doubts too. Then I learned more about how having unhealthy cholesterol levels increases your risk of having a heart attack. I can't afford to have a heart attack!

Pam

How do you know if you have unhealthy levels?

Faye

You don't unless you get tested. That's what Sunday's screening is about. We do a simple blood test to measure your total cholesterol level. My blood test showed that my cholesterol was too high. That's when I started changing what I ate.

Pam

I was wondering why you stopped asking me to pick up breakfast on the way to my appointments with you!





A Role Play at Ms. Faye's Hair Salon (continued)

Faye

Now I have breakfast at home, and I'm walking more to keep my weight down. I've lowered my cholesterol enough that my doctor said I could stop taking the cholesterol medicine—as long as I keep up the healthy eating and walking.

Pam

Okay—I'll get my cholesterol checked!

Faye

Now you can look good on the outside, and be healthy on the inside.

