

HEALTH NEWS

FEBRUARY 2020



AMERICAN HEART HEALTH MONTH



THE BASICS: OVERVIEW

Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease. To help prevent heart disease, you can: *Eat healthy. Get active. Stay at a healthy weight. Quit smoking and stay away from secondhand smoke. Control your cholesterol* (“koh-LEHS-tuh-rahll”) and blood pressure. *Drink alcohol only in moderation. Manage stress.*

AM I AT RISK FOR HEART DISEASE?

Everyone is at risk for heart disease. But you are at higher risk for heart disease if you: Have high cholesterol or high blood pressure. Smoke. Are overweight or obese. Don't get enough physical activity. Don't eat a healthy diet. Your age and family history also affect your risk for heart disease. Your risk is higher if: You are a woman over age 55. You are a man over age 45. Your father or brother had heart disease before age 55. Your mother or sister had heart disease before age 65.

WHAT IS HEART DISEASE?

When people talk about heart disease, they are usually talking about coronary heart disease (CHD). It's also called coronary artery disease (CAD). This is the most common type of heart disease. When someone has CHD, the coronary arteries (tubes that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque (“plak”), build up inside the arteries. Plaque is caused by: Too much fat and cholesterol in the blood. High blood pressure. Smoking. Too much sugar in the blood (diabetes). When plaque blocks an artery, it's hard for blood to flow to the heart. A blocked artery can cause chest pain or a heart attack.

MOVE YOUR BODY

Elevate that heart rate and get sweaty. Our skin is our largest organ, so by working up a sweat you can expel some of those nasty toxins that are floating around. Movement will make you feel better physically and mentally by releasing some endorphins, those feel-good chemicals that boost your mood. If you are finding it hard to get motivated, book a class with a friend to hold you accountable or start small with a brisk walk on the treadmill while listening to your favorite podcast.

IF THESE SIGNS ARE PRESENT CALL 9-1-1

HEART ATTACK SYMPTOMS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

HEART ATTACK SYMPTOMS SPOT A STROKE F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



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FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.

- GO FISH**
Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.
- BE NUTTY**
Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.
- ADD AVOCADO**
Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.
- CHECK THE OILS**
Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.

CARDIAC ARREST SYMPTOMS

SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders.

NO NORMAL BREATHING

The victim does not take a normal breath when you tilt the head up and check for at least five seconds.