



Focus on Heart Health

Did you know?

- Heart disease is the leading cause of death for men and women in the United States.
- Every year, 1 in 4 deaths are caused by heart disease.
- According the Heart and Vascular Team at Cleveland Clinic, **heart attack triggers** can include:
 - Too much exertion, too quickly
 - We all know that a **regular exercise program** is good for us, but it is important to work up to a level of fitness and not just “jump in.” If you are not used to regular aerobic exercise, sudden and strenuous physical exertion can lead to a heart attack. This can include everything from playing a competitive game of basketball with friends to going hunting and carrying an animal. Too much exertion could also come from other activities such as running or shoveling snow.

Cold Temperatures

- Cold temperatures add to an increased risk for heart attack because they cause the arteries to constrict, which can cause a sudden increase in blood pressure. Combine this with physical exertion and the effects could be dangerous.
- Intense Emotions
- It turns out that extreme emotions, both good and bad, can have an impact on the **electrical impulses of the heart**. Studies show that the stress spanning extreme happiness to acute grief has the ability to spur a heart attack. This is due to the body’s involuntary and sudden increase in heart rate and blood pressure brought on by a surprising event.
- Eating a big meal
- Studies have shown that a heavy meal can trigger a heart attack within a 26 hour

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period following the meal. Researchers believe that this could be because eating raises levels of the hormone norepinephrine, which can increase blood pressure and heart rate.



The Good News:

- Positive lifestyle changes can improve overall health and decrease health risks, including heart disease. Weight management, healthy eating habits and regular physical activity are just a few of the many examples outlined on the attached American Heart Association publication, “How Can I make My Lifestyle Healthier?”. Focus on a healthier lifestyle, a healthier heart ... a healthier you.

Winter Weather


Avoid Cold Weather Injuries – know the signs.



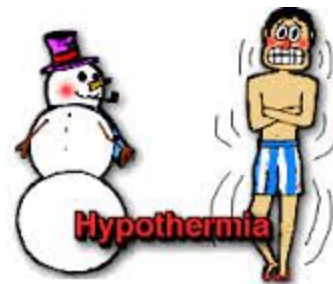
- Do you know the signs of frostbite?
 - Stiffness of the affected area
 - Pale skin color
 - Pain when the affected area is rewarmed
 - Blisters and swelling in severe cases

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RECOGNIZING FROSTBITE SYMPTOMS

ICE CRYSTALS	TRAVEL	EAR, NOSE, HANDS	FACE	FIREFIGHTERS
				
IF SKIN BECOMES COLD ENOUGH IT AN FREEZE. ICE CRYSTALS FORM AND DAMAGE TISSUE. THIS IS FROSTBITE.	IF YOU'RE IN A CAR GOING 50 MPH, THE TEMPERATURE IS 33 DEGREES AND YOU STICK YOUR HAND OUT THE WINDOW YOU CAN GET FROSTBITE. (NORMALLY, AIR TEMPERATURE HAS TO BE BELOW 32 DEGREES)	EAR, NOSE, HANDS AND FEET ARE THE MOST VULNERABLE TO FROSTBITE.	WHEN RED CHEEKS AND NOSES BECOME WHITE, YOU ARE SHOWING SYMPTOMS OF FROSTBITE.	FIREFIGHTERS CAN SUSTAIN FROSTBITE BATTLING BLAZES. WHEN THEY SPRAY WATER, THEY GET WET AND TURN INTO TIN MEN.

USA TODAY



- Do you know the signs of hypothermia?
 - Persistent shivering
 - Difficulty walking
 - Mild confusion

The National Safety Council created the attached flyer to remind everyone to stay safe this winter, and know the signs of frostbite and the signs of hypothermia.

Nutrition and Healthy Recipe Center

Food for thought ...



- Eating away from home:
 - Restaurants, convenience and grocery stores, or fast-food places offer a variety of options when eating out. But larger portions can make it easy to

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eat or drink too many calories. Larger helpings can also increase your intake of saturated fat, sodium, and added sugars. Think about ways to make healthier choices when eating food away from home.

- ChooseMyPlate.gov offers a Nutrition Education Series which provides many nutrition-based recommendations, including the attached edition: Eating Foods Away from Home. With tips from considering what you drink to passing on the buffet, 10 Tips for Eating Out offers a useful tidbit of information for each of us.

- **Snacking:**

- When it comes to eating between meals, choosing healthy snacks will help you and your family stay at a healthy weight. The attached flyer, “Parent Tips: Healthy Snack – 100 Calories or Less”, provides healthy, calorie-conscious choices for “snackers” of all ages. Did you know?
- One small banana or a medium apple = 100 calories
- 12 baby carrots or 18 small celery sticks = 100 calories
- Three cups of air-popped popcorn or ½ whole-wheat English muffin with jelly = 100 calories

- **A breakfast to remember:**

- Would you like to turn breakfast into a meal to remember? Try this month’s recipe, Oatmeal Pecan Waffles!
 - These waffles (or pancakes if you prefer) are both delicious and nutritious. And you don’t need to wait until berry season for this recipe ... if your favorite berries are not in season, frozen (thawed) berries provide a convenient substitute. Enjoy!

