



Parish Nursing Notes

“I praise You because I am Fearfully and Wonderfully made....”(Psalms 139:14)

February Is American Heart Month

What you do not know can kill you.

Heart disease is the leading cause of death for both American **men** and **women**. Every 29 seconds someone suffers a coronary event, and about every minute someone dies from one. The American Heart Association is concerned with the prevention and treatment of heart disease and stroke.

As we celebrate **American Heart Month** during February, lets look at facts about heart disease and stroke and the preventive measures.

What are the risk factors?

Risk factors are traits and lifestyle habits that increase your risk of disease. The same risk factors that raise your risk of coronary heart disease, which causes heart attack, also directly or indirectly raise your risk of stroke. The more risk factors you have , the higher your chances of having a heart attack or stroke. You can control, treat or prevent some of these.

Controllable Risk Factors:

- Tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Diabetes

Uncontrollable Risk Factors

- * race
- * sex (gender)
- * increasing age
- * family medical history
- * previous heart attack

Still other factors may affect your risk of heart attack and stroke, too. They include unhealthy responses to stress, hormonal factors, excessive alcohol and some illegal drugs.

How can I help prevent a heart attack or stroke?

You can reduce your risk of heart attack and stroke—if you want to. The first step is to work with your healthcare provider to evaluate your risk factors. Then alter any lifestyle habits that increase your risk.

A Healthy Lifestyle Is Up To You!

Three major risk factors fro heart disease or stroke—high blood pressure, high blood cholesterol, and diabetes—have not symptoms in the early stages. Getting regular medical checkups will help you find out if you ‘re free of these risk factors. If one turns up, you can work with your healthcare provider to control it. Regular check-ups are even more important for people with a personal or family history of heart disease, stroke, high blood pressure, high blood cholesterol, obesity, or diabetes.

Most people can do alot to help prevent heart disease and stroke. When you take charge of your own life and health and work to control your risk factors, you can reduce the risk of heart attack and stroke.

From: American Heart Association literature. Check out the web site for a risk factor test
www.americanheart.org

Checks for:

FREE.....FREE.....FREE

Blood Pressure

Breast Health

H EALTH & FITNESS FAIR

Hearing

Bone Density

Dental Health (great for kids)

Screenings for:

Diabetes

INVITE YOUR FRIENDS!!!

Cholesterol

Eye & Glaucoma

Sickle Cell

.....And More

Fun Stuff like:

Yoga for Beginners

Stress and Stretch Relief at Work

.....And More!

Massage therapy

(neck massages on site!)

Saturday, February 23rd
First Baptist Church - Christian Life Center
10 AM to 1 PM

Cardiovascular and Fitness Related Websites

*** American Heart Association
www.americanheart.org**

*** About.com Health & Fitness
www.about.com/health**

*** Blue Cross of Georgia
www.ahpi.org/healthwellness**

*** Discover Fitness
www.discoverfitness.com**

*** Shape up America
www.shapeup.org**

*** Wellness councils of America
www.welcoa.org**

*** Heart Info.org
www.heartinfo.org**

HAPPY HEART MONTH!!!

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