



Wellness In Action



February: National Heart Month

BAMC HEALTH PROMOTION

National Heart Month

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February is National Heart Month. According to the Centers for Disease Control and Prevention ([CDC] 2012), heart disease is the leading cause of death for both men and women. Heart disease kills about 600,000 Americans each year or 1 in every 4 deaths. Coronary heart disease is the most common type of heart disease and alone costs the United States \$108.9 billion each year (CDC, 2012).

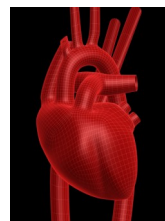
Knowing the warning signs and symptoms of a heart attack is the key to preventing death. The major warning signs include: chest pain or discomfort, shortness of breath, upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach, and nausea, lightheadedness, or cold sweats (CDC, 2012). It is important to immediately seek medical attention in the presence of symptoms that suggest a heart attack. Early diagnosis and treatment save lives, and a delay in medical assistance can be fatal. **Even if you are not sure if something is really wrong, you should call 9-1-1 if you experience heart attack symptoms.**

The top three risk factors for heart disease are high blood pressure, high LDL cholesterol, and smoking. Other risk factors include diabetes, being overweight or obese, a poor diet, being physically inactive, and excessive alcohol abuse. The CDC recommends the following prevention strategies to reduce your risk of heart disease:

- **Eat a healthy diet.** Eat foods low in fat, saturated fat, and cholesterol and high in fiber to help prevent high cholesterol. Limit salt or sodium. To help protect your heart, eat a diet rich in fresh fruits and vegetables.

- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine if your weight is in a healthy weight, you can see your provider to help you calculate your Body Mass Index (BMI).
- **Exercise regularly.** Physical activity can help maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in 30 minutes of moderate intensity exercise each day. This can be as simple as three brisk 10-minute walks each day.
- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. A good website to aid in tobacco cessation is: www.ucaquit2.org.
- **Limit alcohol consumption.** If you choose to drink alcoholic beverages, it is best not to exceed 1 drink per day for women or 2 drinks per day for men.

Don't delay if a heart attack is suspected; call 9-1-1 immediately. Emergency medical services staff can begin treatment when they arrive, up to an hour sooner than if someone arrives to the hospital by car. For more information on heart disease, please visit the CDC website: www.cdc.gov/heartdisease or call our Health Promotion department at 210-295-2538.



**NATIONAL
HEART
MONTH**

Health Promotion Programs

PROGRAMS OFFERED	DETAILS
Group Lifestyle Balance (full)	1 yr (1x/wk x 12 weeks, then every other wk x 2 mos, then 1x/mo x 6 mos)
Group Lifestyle Balance DVD*	Meet 1x/mo x 4 (individuals self study the materials provided) There are 6 and 12 month follow up sessions.
Yoga	Meets every Tuesday 1200-1245 in the Pediatric GME Conf room (TN-122) Mats provided, but we recommend you bring your own if you have it.**
Stress Management/Healthy Thinking	1 hour sessions TBA (usually quarterly) 11-12 Pediatric GME Conf rm (TN-122)
Relaxation	Three 1 hour relaxation sessions teaching deep breathing, progressive muscle relaxation, using music in relaxation, aroma therapy and more.
Walking Groups	Meets in the AM on Tue & Thu; 0530-0800 and Afternoons on Mon & Wed; 1600-1730 ***
Indoor Cycling (Spin)	M, W, F 0530-0630
Tobacco Cessation	Meets 1x/wk x 4wks further Info TBA

* Core info encouraging **Healthy Lifestyle Change** (GLB compressed) meets in one 2 hour session (or two 1 hour if needed) with handouts, booklets, 1:1 support if needed)

** Can bring 1 (30-45min) yoga class to your area as a demo (no mats would be available so people can bring their own or use a beach towel)

***Walking groups require sign up of at least 10 people but if we have less than 5 consistently showing up we will cancel after 3 times with less than 5 walkers. People may walk on their own and continue counting and reporting steps, and the "Challenge" itself will continue. However, staff will not be able to facilitate the group. Re-evaluation with renewed participant commitment can occur at any time.

****Additional health topics available for briefing as a "Lunch n Learn" format, upon request. (2 weeks advance notice required on all requests)

*****Additional specialty topics: Pediatric related topics, Parenting tips, etc.

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