

INSIDE THIS ISSUE:

Stroke Warning Signs &...	2	Heart Attack Tests	3
Stroke Risk Factors	2	QUIZ - Heart Disease...	4
Heart Attack Warning...	3	Tips for Reducing Sodium	4
Heart Attack	3		

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Take Control of Your Health

Healthy Living Newsletter

Ways to Keep Your Heart Healthy

Learn Family History

- Family history is a large factor in heart health. If you have a relative who has suffered a heart attack before the age of 60, and also a second degree relative, such as an aunt or uncle, who had a heart attack, you are ten times more likely to suffer a heart attack than someone who has no heart disease in their family.

Get Active

- Regular physical activity helps prevent heart disease by improving blood flow to your heart and strengthening your heart muscle.

Eat a Heart Healthy Diet

- Eating a diet rich in fruit, vegetables, whole grains, and low-fat dairy will keep your heart healthy.
- Low fat sources of protein and certain types of fish also contribute to a healthy heart.

Be a Healthy Weight

- Reducing your weight by just ten percent can help decrease your blood pressure, lower your cholesterol, and reduce your risk of diabetes.

Get Regular Health Screenings

- Get your blood pressure checked regularly. Optimal blood pressure is less than 120/80.
- Check your cholesterol at least once every five years. You should check more frequently if you have other risk factors—such as smoking, being overweight, or poor diet.

Do Not Smoke or Use Any Tobacco Products

- The most powerful prevention factor for heart disease is not to use tobacco in any form!

Source: UPS RoadMap to Health & www.ehow.com

What is a TIA?

A transient ischemic attack, or TIA, is a “warning stroke” or “mini-stroke” that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs may reduce the risk of a major stroke.

TIAs occur when a blood clot temporarily clogs an artery, and part of the brain does not get the blood it needs. The symptoms occur rapidly and last a relatively short time. Most TIAs last less than five minutes. The average is about one minute. Unlike a stroke, when the TIA is over, there is no injury to the brain.

Source: www.heart.org & www.americanheart.org

Health & Wellness Events

February 1, 2011:

UPS Corporate Blood Drive
Oberkotter 1 & 2 / 7pm—4pm

February 4, 2011:

Brown Goes Red Day

Stroke Warning Signs and Emergency

Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.

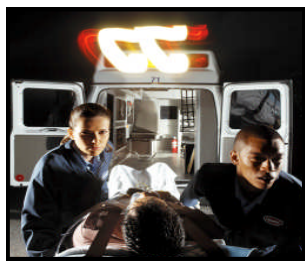
Emergency Care

Immediately call 911 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. Also, check the time so you will know when the first symptoms appeared. It is very important to take immediate action. If administered within three hours of the start of symptoms, a clot-busting drug called

tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

Source: www.heart.org

Stroke Risk Factors



What stroke risk factors can be changed, treated or controlled?

• High Blood Pressure:

High blood pressure is the leading cause of stroke and the most controllable risk factor for stroke.

• Cigarette Smoking:

The nicotine and carbon monoxide in cigarette smoke damages the cardiovascular system in many ways. The use of oral contraceptives combined with cigarette smoking greatly increases stroke risk.

• Carotid or Other Artery Diseases:

The carotid arteries in your neck supply blood to your brain. A carotid artery narrowed by fatty deposits may be blocked by a blood clot. Dilated cardiomyopathy (an enlarged heart), heart valve disease and some types of congenital heart defects also raise the risk of stroke.

• Arterial Fibrillation:

This heart rhythm disorder rises the risk for stroke. The heart's upper chambers quiver instead of beating effectively, which can let the blood pool and clot. If a clot breaks off, enters the bloodstream and lodges in an artery leading to the brain, a stroke results.

• Sickle Cell Anemia:

"Sickled" red blood cells are less able to carry oxygen to the body's tissues and organs. These cells also tend to stick to blood vessel walls, which can block arteries to the brain and cause a stroke.

• High Blood Cholesterol:

People with high blood cholesterol have an increased risk of stroke. Also, it appears that low HDL ("good") cholesterol is a risk factor for stroke in men, but more data is needed to verify its effect on women.

• Poor Diet:

Diets high in saturated fat, trans fat, and cholesterol can raise blood cholesterol levels. Diets high in sodium can contribute to increased blood pressure. Diets with excess calories can contribute to obesity.

Less Documented Stroke Risk Factors

• Geographic location:

Strokes are more common in the southeastern United States than in other areas. These are the so-called "stroke belt" states.

• Socioeconomic Factors:

There is some evidence that strokes are more common among low-income people than among more affluent people.

• Drug abuse:

Drug addiction is often a chronic relapsing disorder associated with a number of social and health-related problems. Drugs that are abused, including cocaine, amphetamines and heroin, have been with an increased risk of stroke. Strokes caused by drug abuse are often seen in a younger population.

Source: www.americanheart.org & www.strokeassociation.org

Heart Attack Warning Signs

Chest discomfort: Involves discomfort in the center of the chest that lasts more than a few minutes, or pain that goes away and comes back.

Shortness of breath: May occur with or without chest discomfort.

Discomfort in other areas of the upper body: includes pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Other signs: includes breaking out in a cold sweat, nausea or lightheadedness.

Source: UPS RoadMap to Health

Questions?

If you have any questions or topics that you would like to see covered in this newsletter, e-mail your suggestions to:



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Heart Attack

Emergency Care

Some heart attacks are sudden and intense, where no one doubts what is happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected are not sure what is wrong and wait too long before getting help.

Call 911 immediately so an ambulance can be sent for you. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other symptoms, particularly shortness of breath, nausea or vomiting, and back or jaw pain.

Any therapy to restore blood flow or reperfusion should be initiated promptly by calling 911 and getting transportation to an emergency room. Reperfusion therapies include the use of drugs to dissolve clots (trombolysis), balloon angioplasty (PCI), or surgery. The sooner medical attention is obtained, the sooner blood flow can be restored to the heart muscle and decrease disability after a heart attack.

Treatment Options

Thrombolysis involves injecting a clot-dissolving agent, such as streptokinase, urokinase, or tPA (tissue plasminogen activator), to dissolve a clot in a coronary artery and restore blood flow.

Percutaneous coronary intervention (PCI) is another important treatment for heart attack. PCI is often the first treatment of choice for a type of heart attack known as ST elevation myocardial infraction (STEMI), which occurs when one of the coronary arteries is completely blocked.

Coronary Artery Bypass Graft Surgery (CABG) may be required to improve the blood supply to the heart muscle when several coronary arteries have significant blockages that hinder blood flow.

Source: www.heart.org & www.americanheart.org

Heart Attack Tests

Electrocardiogram (ECG or EKG). The ECG can detect abnormal heartbeats, some areas of damage, inadequate blood flow, and heart enlargement.

Blood test. A blood test will be done routinely to check for enzymes or other substances that are released when cells begin to die. These are "markers" of the amount of damage to your heart.

Nuclear scan. This test shows areas of the heart that lack blood flow and are damaged. It can also reveal problems with the heart's pumping action. A small amount of radioactive material is injected into a vein in the arm. A scanning camera positioned over the heart records whether the nuclear material is taken up by the heart muscle (healthy areas) or not (damaged areas).

Coronary angiography. This test is used to check blockages and narrowed areas inside coronary arteries. A fine tube (catheter) is threaded through an artery of an arm or leg up into the heart. A dye that shows up on an x-ray is then injected into the blood vessel as the heart pumps.

Source: www.nhlbi.nih.gov

Sneak Peek



The major topics for the March newsletter will be:

Nutrition, Weight Loss, Healthy Eating, and The Amazing Apple

Quiz—Heart Disease Awareness

- (1.) True or False: “No pain, no gain” is not a good guideline to follow when you exercise.
 - (2.) Which of the following can reduce the risk of a stroke by 14 percent?
 - a.) One hour of intense exercise daily.
 - b.) 30 minutes of intense exercise daily
 - c.) One hour a day of moderate exercise
 - d.) Four hours a week of moderate exercise
 - (3.) Which of the following is not a result of a regular exercise?
 - a.) Stronger bones
 - b.) Controlled appetite
 - c.) Reduced HDL cholesterol
 - d.) Clearer thinking
 - (4.) What percentage of the world population is obese?
 - a.) 5 - 10%
 - b.) 10 - 25%
 - c.) 25 - 50%
 - d.) 50 - 75%
 - (5.) For people with diabetes, walking 30 minutes to an hour per day lowers the risk of dying from heart disease by how much?
 - a.) 32%
 - b.) 40 - 50%
 - c.) 64%
 - d.) 75%
 - (6.) True or False: After the age of 60, exercise no longer affects life expectancy.
- (1.) **True.** While a little soreness is normal after you first start exercising, pain is not. Stop if you hurt.
 - (2.) **D.** In a July 2004 study by Dr. Gang Hu of the National Public Health Institute in Helsinki, Finland, people who were physically active for at least four hours per week in activities, such as walking or gardening were 14 percent less likely to experience a stroke over a nearly 20-year period. At least three hours of vigorous exercise reduced risk by 26 percent.
 - (3.) **C.** Exercise increases HDL or “good” cholesterol, and high amounts can protect against heart attack.
 - (4.) **B.** According to the World Health Organization, 10 - 25 percent of the adult population is obese and over 50 percent in some western island nations.
 - (5.) **B.** Heart disease is only one of a number of diabetes-related conditions including blindness, kidney failure, heart disease, circulatory problem resulting in amputations and nerve damage.
 - (6.) **False.** The Cooper Institute of Aerobic Research found that exercise was associated with a 40 percent reduction in heart attacks in females and a 60 percent reduction in heart attacks in males in a 2004 study. The study also showed that men taking up exercise, even after age 50, will increase their life expectancy.

Source: UPS RoadMap to Health

Answer Key—Heart Disease Awareness

Tips for Reducing Sodium

- Buy fresh, plain frozen, or canned “with no salt added” vegetables.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Consume foods that are rich in potassium. Potassium can help blunt the effects of sodium on blood pressure. The recommended intake of potassium for adolescents and adults is 4,700 mg/day.