



Health e-Links
Health Education & Lifestyle Management Newsletter (HELM)

Heart Attack Warning Signs



TAKE CHARGE OF YOUR HEART HEALTH. KNOW THE SIGNS

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- **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

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 common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Comprehensive Weight Management Program A Wellness Testimony



Duval County Public Schools sponsored CCW and Brook's/YMCA weight management program, for health plan covered employees with a qualifying body mass index (BMI) continues. Please look for more success stories and program information in the upcoming wellness newsletter issues.

"...What was so amazing about this program you may ask? Well, I will tell you. The support, education, personal and group sessions, the nutritionist and the incredible gym made a huge impact on my life.

I am now on the road to a healthier life style and new way of thinking. I am off ¾ of my diabetic medication, I am moving more, I have more energy and according to my husband, "I look like I feel beautiful again to myself".

Because you see to him I am always beautiful but what is important to him is that I see what he already knows. "

Johanna

National Health Observances for March
Visit the links below for more information

National Brain Injury Awareness Month
www.biausa.org

National Colorectal Cancer Awareness Month
www.preventcancer.org/colorectal

National Endometriosis Awareness Month
www.endocenter.org

National Multiple Sclerosis Education and Awareness Month
www.msfocus.org

National Nutrition Month
www.eatright.org

National Sleep Awareness Week
March 3 – 9
www.sleepfoundation.org

Heart Health Tip:



Be aware that many commercial seasonings (soy, steak sauce, ketchup, chili sauce, relished, salad dressings) have a lot of sodium. Try using salt-free or low sodium seasonings.

Be an active participant in your health care!



Many people go to the doctor ready to just listen and let the doctor take the lead. But the best patient-doctor relationships are partnerships. You and your doctor can work together as a team. Ask questions and communicate your concerns:

Tips for your next doctor's visit:

- Make a list in advance of the things you want to discuss at your appointment.
- Take notes or get a friend or family member to take notes for you.
- Ask your doctor to write down instructions for you.
- Ask your doctor for printed materials about your condition.
- Review all your medications with your doctor at least once a year. Know why you take what you take. Assess which drugs are still needed. Ask: "Can one new drug do the work of two or three that I currently take?" Maybe your doctor can prescribe a less expensive medication, if given a choice. Then ask your pharmacist for a price comparison.
- Choose generic drugs, not name brand, if available and approved by your physician. And order through your company's mail-order program for a 90 day supply, if this option is available.
- Take medication as prescribed. Half of people don't and risk complicating their conditions.

BCBS Customer Service:

Mon-Thurs: 8:00 a.m. – 9:00 p.m.
Friday: 9:00 a.m. – 9:00 p.m.
1-800-664-5295

Cardiovascular Exercises

Walking

- Walking is the simplest, cheapest and easiest form of cardiovascular exercise.
- It is very low impact and is extremely convenient.
- Start slowly, then gradually work up to walking longer and faster.
- Finding a walking partner can help keep you motivated.

Jogging/Running

- This is a step up from walking. It is harder and puts more impact and stress on the body.
- If you are just starting an exercise program, work through fast walking before moving up to jogging.

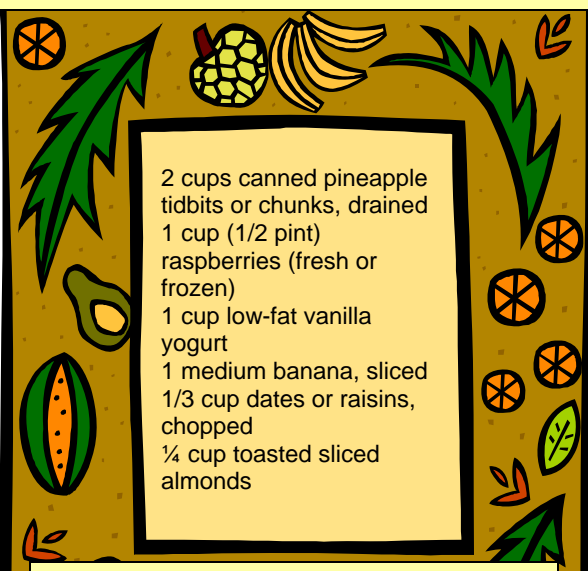
Cycling

- Riding a bike is an excellent, no-impact form of cardio.
- Be sure to follow the rules of the road and **ALWAYS** wear a helmet.

Swimming

- Swimming involves all the major muscles of the body.
- It is no-impact and is very useful for injury recovery
- The major drawback is that you must know how to swim.

Tropical Sunrise Parfait



2 cups canned pineapple tidbits or chunks, drained
1 cup (1/2 pint) raspberries (fresh or frozen)
1 cup low-fat vanilla yogurt
1 medium banana, sliced
1/3 cup dates or raisins, chopped
1/4 cup toasted sliced almonds

Directions:

Layer the pineapple, raspberries, yogurt, banana and dates in parfait glasses.

Sprinkle the almonds on top and serve.

Servings: 4

Calories: 238, Total fat: 5.7g, Saturated fat: 0.9g, % Calories from fat: 20%, % Calories from saturated fat: 3%, Protein: 6g, Carbohydrates: 46g, Cholesterol: 3mg, Dietary fiber: 6g, Sodium: 42mg

Source: Better Health Foundation