

Healthcare Clinic Hours

Monday-Wednesday, Friday

8:00 a.m. to 5:00 p.m.

Thursday

9:00 a.m. to 5:00 p.m.

Phone: (334) 263-8470

Fax: (334) 263-8670

Pharmacy Hours

Monday-Wednesday, Friday

7:30 a.m. to 5:30 p.m.

Thursday

9:00 a.m. to 5:30 p.m.

Phone: (334) 263-8460

Fax: (334) 263-8660

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Image Source: <http://www.speakersfornurses.com/american-heart-month.html>

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American Heart Month

Since 1963, February has been designated as **American Heart Month** to encourage Americans to join the battle against heart disease, and spread the word about how to live a heart healthy life. Since 2004, February has also been the signature month for the **Go Red for Women** campaign designed to increase awareness for women's heart health.³

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, and nearly 80% of cardiac events can be prevented.^{1, 2, 3}

Younger adults are also at risk²

In many communities across the United States, heart disease death rates have been increasing in adults aged 35 to 64. Not only are younger adults dying of heart disease, their rates of risk factors such as physical inactivity, high blood pressure, and tobacco use are increasing.

Celebrate **National Wear Red Day** to raise awareness about women and heart disease. Encourage everyone in your community to wear red on February 1, 2019.¹

The good news¹

Heart disease can often be prevented when people make healthy choices and manage their health conditions, such as high blood pressure, high cholesterol, and diabetes. Therefore, the fight against heart disease cannot be limited to just treatment, but must include prevention.

What can you do?¹

You can use this month to help raise awareness for heart disease and how it can be prevented by making healthy choices. Communities, healthcare professionals, and families can all work together to help encourage people to live heart healthy lives.

You can make healthy changes to lower your risk of developing heart disease.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.¹

Major risk factors⁹

- Unhealthy blood cholesterol levels
- High blood pressure
- Smoking
- Diabetes
- Overweight or obesity
- Lack of physical activity
- Unhealthy diet
- Family history
- Older age – the risk for CHD starts increasing at age 45 for men, and age 55 for women

Other conditions that may increase your risk⁹

- Sleep apnea
- Alcohol
- Preeclampsia
- Stress – an emotionally upsetting event is the most commonly reported “trigger” for a heart attack

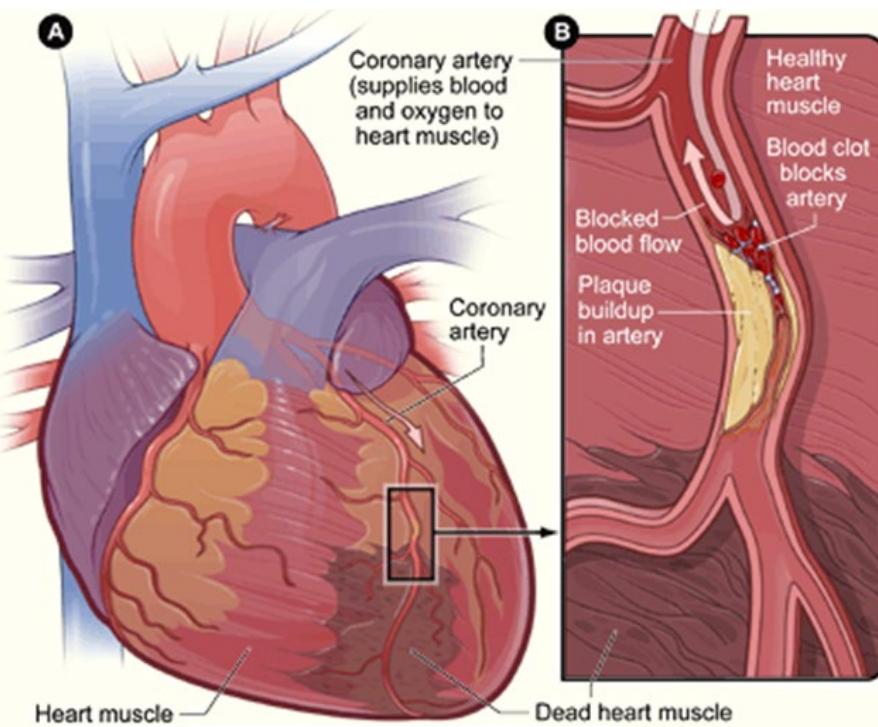


Your chances of developing heart disease increases with the number of risk factors you have

Controlling your high cholesterol, high blood pressure, obesity, and quitting smoking can greatly reduce your risk⁹

What is Heart Disease?

Coronary Heart Disease (CHD) occurs when plaque builds up inside the coronary arteries, which are responsible for delivering oxygen-rich blood to the heart. If the plaque build-up is severe enough to reduce or cut off blood flow to the heart, it can result in a heart attack. Over time, the plaque may build up and harden, resulting in narrow arteries that make the heart work harder. This is called atherosclerosis, and can weaken the heart muscles, leading to an irregular heart beat and heart failure.⁹



Warning Signs

- Chest pain
- Shortness of breath
- Fatigue/Activity intolerance
- Palpitations
- Fainting/Dizziness
- Quick weight gain/Swelling in legs



Image source: <https://i.ytimg.com/vi/PX-0DqJaXaA/maxresdefault.jpg>

SIMPLE STEPS TO A **HEALTHY HEART**



Image Source: <https://www.ibeat.com/2017/03/06/5-steps-heart-health-sudden-cardiac-arrest/>

Eat Healthy^{6, 7, 8}

Reduce sodium

On average, Americans eat more than 3,400 mg of sodium per day – much more than what is recommended. The American Heart Association recommends no more than 2,300mg of sodium a day, and ideally no more than 1,500mg per day for most adults. Too much sodium holds excess fluid in the body, which increases blood pressure and adds an extra burden on your heart.

Eat lots of fruits and vegetables

Vegetables and fruits are good sources of vitamins and minerals that can help prevent cardiovascular disease.

Say NO to saturated and trans fats

Saturated and trans fats raise low-density lipoprotein (LDL) levels (“bad” cholesterol), and lower high-density lipoprotein (HDL) levels (“good” cholesterol). This can lead to plaque buildup in your arteries and increase your risk for heart attack or stroke.

Fats to choose: olive oil, canola oil, vegetable and nut oils, avocados

Fats to limit: butter, lard, gravy, bacon fat, coconut oil, cocoa butter, cream sauces

Select whole grains

Whole grains are good sources of fiber and other nutrients that play a role in regulating blood pressure and cholesterol.

Get Active^{4, 5}

Physical activity can make you feel reinvigorated. Furthermore, it helps prevent heart disease and increases your chances of living longer.

How much do I need?

At least 150 minutes of moderate aerobic activity each week (do at least 10 minutes at a time), plus muscle-strengthening activities at least 2 days a week.

Choose activities you enjoy

Physical activity is anything that gets your body moving, but a combination of both aerobic and muscle-strengthening activities will allow you to reap all the health benefits.

What are some examples of moderate aerobic activities?

Fast walking or jogging, dancing, biking, general gardening (raking, trimming shrubs), water aerobics, softball, tennis

What are some examples of muscle-strengthening activities?

Lifting weights, crunches/sit-ups, push-ups, heavy gardening (digging or shoveling)

How to get started?

Start at a comfortable level. Try walking for 10 minutes a day, a few days each week, then add more activity over time.

Do you drink alcohol?⁴

Drinking **too much alcohol** can increase your risk of heart disease.

Limit alcohol intake to:

- Women: 1 drink per day
- Men: 2 drinks per day

Do you smoke?⁴

Quitting smoking lowers your risk of heart disease and heart attack.

Need help?

- Call 1-800-QUIT-NOW (1-800-784-8669) for free support
- Join the State Wellness Center's Tobacco Cessation Program

Maintain a healthy weight⁴

Losing just 5 to 10 percent of your body weight can help lower your risk. To get an idea of how many calories you need to maintain a good weight, visit

www.choosemyplate.gov/MyPlatePlan

Did you know lowering stress can help prevent serious health problems?⁴

Take a deep breath and meditate to relax



State Wellness Center

101 S. Union Street
Montgomery, AL 36104

The State Wellness Center and Pharmacy is a healthcare facility conveniently located in downtown Montgomery offering a variety of services to state and local government employees and their covered dependents, ages 12 and older. Our mission is to provide a convenient, economical source of urgent care and preventative care services when you are unable to see your primary healthcare provider. Our team of medical professionals is dedicated to providing the highest quality of care and excellent service while also encouraging a continued relationship with your own personal physician.

State Wellness Center Services

- Treat minor illnesses
- Provide health education & monitoring
- Check health progress between appointments
- Share information with your physician
- Monitor efficacy & safety of every medication
- Evaluate out-of-pocket medication expense
- Smoking cessation & weight loss services
- Diabetes education program
- Anticoagulation monitoring services
- Immunizations & injectable medications administration
- Develop a personalized medication plan
- Monitor control of chronic illnesses
- Medication check-ups
- Medication therapy management
- Sports physicals (ages 12 and up)

CALL FOR AN
APPOINTMENT TODAY!
(334) 263-8470

State Wellness Center and Pharmacy Issue 02 February 2019

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