

February 2009 Health Corner -Heart Healthy

February is heart month. It is not only about the health of your heart, but also Valentine's Day. We show our loved ones how much we care with flowers and candy, but how about taking care of our heart and theirs? The best way to show someone you love them is to help them stay healthy.

Here are a few things every adult should do to keep their heart healthy:

Stop smoking. Make sure you get at least 30 minutes of physical activity daily, Know your body mass index (BMI) your doctor can tell you (less than 24% is great, 24-30% is overweight and greater than 30% is obese, Know your waist measurement for women less than 35 inches and men less than 40 inches, Know what your cholesterol numbers are. Cholesterol less than 200, LDL should be less than 100 (main source of cholesterol building up) known as bad cholesterol, HDL should be greater than 40 (helps keep cholesterol from building up), Triglycerides another form of fat in the blood that should be less 150, Blood pressure 120/80 or less, Limit the saturated fat intake by making sure that it is no more than 7% of your calories, 200mg or less of cholesterol if you have heart disease, otherwise 300mg or less, Increase your fiber, Limit your sodium or salt intake, if you have heart problems then you should have 1500mg or less a day, otherwise 2400mg or less a day

Signs of Stroke:

Face looks uneven

Arm drifts down when raised

Speech sounds strange

Time- every second counts call 9-1-1

Other signs are:sudden weakness on one side, sudden confusion or difficulty speaking or understanding, sudden trouble seeing, sudden trouble walking or loss of balance, sudden severe headache

Signs of heart attack: chest discomfort, pressure, squeezing, fullness or pain (sometimes thought to have indigestion), discomfort in the upper body, one or both arms, back, neck, jaw or stomach, shortness of breath with or without chest discomfort, cold sweats, nausea or lightheaded

Women more than men will have shortness of breath, nausea, vomiting, back or jaw pain . If not sure about the symptoms you are having you should still have them checked out. Remember, if you have any of these signs that lasts for 5 minutes or more call 9-1-1 for immediate help.

Story By Lori Ann Cobb RN, FCN

February 2009 Nurse's Notes

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23

Date to remember: Wednesday, February 18, 6:30 – 8:30 pm.
Update on Heart Healthy - learn about heart health to help win the fight against heart disease. It is free but you must register by calling 832-8000. The two presenters are Dwayne Young, licensed paramedic and Michael D. Cooper, MD a cardiologist with LeBauer Heart Care.



Pre-order your Girl Scout Cookies!!!

To pre-order your cookies please call Beverly Hardy at 622-3386 or Lisa Brower at 622-4446. you may call your order in now. Thanks you so much for supporting Girl Scout

Safe Kids Randolph County observes Burn Awareness Week, Feb. 1-7

During National Burn Awareness Week (February 1-7), Safe Kids Randolph County reminds parents and caregivers that fire is just one cause of burn injuries — children can also be seriously injured by hot foods and beverages, heating appliances, hot pots and pans, electrical currents and chemicals. Each year, approximately 113,600 children ages 14 and under are treated for fire/burn injuries and 518 children die due to unintentional fire- and burn-related injury. Scald burns, caused by hot liquids or steam, are more common types of burn-related injuries among young children, compared to contact burns, caused by direct contact with fire, which is more prevalent among older children. Hot tap water accounts for nearly 1 in 4 of all scald burns among children and is associated with more deaths and hospitalizations than any other hot liquid burns. "Kids are also at risk around hot foods and beverages, space heaters, steam irons and curling irons," says Shea Cox, Safe Kids Randolph County coordinator. "There's a lot you can do around the home to minimize the risk of burn injuries in everyday life." Safe Kids Randolph County urges caregivers to: **Reduce water temperature.** Set your hot water heater to 120 degrees Fahrenheit. Consider putting anti-scald devices (about \$40) on each water faucet and shower head. Check the bathwater with your wrist or elbow before placing your child in it. **Prevent spills.** If possible, cook with pots and pans on back burners and turn handles away from the front. Avoid wearing long sleeves or baggy clothes in the kitchen. Don't place containers of hot food or liquid near the edge of a counter or table and remove tablecloths.

Establish a "kid-free zone." Make the stove area a "kid-free zone" (3 feet is a good distance). Mark it on the floor with bright tape. Never leave your child alone in the kitchen. Don't hold children while cooking or while carrying hot foods and beverages. **Test food and drink temperature.** Taste cooked foods and heated liquids to make sure they're not too hot for children. Never microwave a baby's bottle. Drinks heated in a microwave may be much hotter than their containers. Instead, heat bottles with warm water and test them before feeding your child.

Keep electrical cords out of reach — especially extension cords and cords connected to heating appliances such as coffee pots and deep fryers. Make sure electrical cords can't be pulled or snagged into a bathtub or sink. Don't leave a hot iron sitting on an ironing board unattended.

Childproof your home. Cover open electrical outlets so children can't insert metal objects into outlets, which can cause electrical burns. Lock matches, lighters and flammable materials out of a child's reach. Keep children away from candles and other open flames.

Actively supervise. Simply being in the same room with a child is not necessarily supervising. Safety precautions are important, but there is no substitute for active supervision.

Safe Kids Randolph County works to prevent accidental childhood injury, the leading killer of children ages 1 to 18. Safe Kids Randolph County is a member of Safe Kids Worldwide, a global network of organizations dedicated to preventing accidental injury. For more information regarding fire prevention, please contact Shea Cox with the Randolph County Health Department at 318-6198.

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