

# FEBRUARY 2017 Senior Nuggets

## HEART AWARENESS MONTH



### **Heart Of The Matter** - Heather Quintana

If something is sad - it breaks your heart  
If something is sweet - it warms your heart  
If something is precious - it melts your heart  
If something is certain - you know it in your heart

### **“Heart Facts”**

- 735,000 Americans have an attack yearly
- Most heart attacks occur on holidays
- 88% of cardiac arrests occur at home
- 70% of Americans can't do CPR
- Eating peanuts is beneficial to your heart
- The heart beats 100,000 beats per day
- Every day your heart pumps blood through 60,000 miles of blood vessels (like crossing the USA over 21 times)
- Blood pressure should be monitored
- Heart disease is hereditary
- Heart disease can be controlled with diet and exercise
- Average weight of heart for women 8 ozs and men 10 ozs
- Yoga may help lower blood pressure, cholesterol and improve circulation
- Insomnia is associated to heart disease. If you are having sleep problems, discuss with your doctor to help improve your sleep



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**Possible Signs of a Heart Attack (can differ in women)**

- Pressure, squeezing, fullness, or pain in center of your chest
- Discomfort in one or both arms, the back, neck, jaw, or the stomach
- Shortness of breath
- Feeling nauseated or light-headed
- Breaking out in a cold sweat

<b>CALL 9 1 1</b> <b>IMMEDIATELY</b> <b>DO NOT LAY DOWN</b>	<b>Have Chewable Bayer Aspirin (81mg) On Hand</b> Take two and advise EMT
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**FACT:** Most people tend to wait too long in getting help or calling for an ambulance - WHY? Fear of embarrassment!

**REMEMBER: The life you save, may be your own!**

**Happy Birthday to all celebrating a February Birthday. Check your Birth verse: [www.birthverse.com](http://www.birthverse.com)**