



SENIOR NUGGET – FEBRUARY 2018

February is Heart Month...Your heart health can be calculated by taking this 3-minute heart risk quiz: Add Your Points (information from last checkup), See Your Risks

What's your age?

<40 (0 points)
40-49 (1 point)
50-58 (2 points)
59-65 (3 points)
66-72 (5 points)
73 (7 points)

Total _____

What's Your Blood Pressure

Normal: less than 120/80 (0 points)
Elevated: 120-129/less than 80 (2 points)
Hypertension Stage 1 130-139/80-89 (3 points)
Hypertension Stage 2 140 /90 (5 points)
Hypertensive crisis 180 /120 (7 points)

Total _____

What's Your BMI*

Normal: 18.5-24.9 (0 points)
Overweight: 25-29 (3 points)
Obese: 30+ (5 points)

Total _____

Do You Smoke?

Yes (7 points)
I quit within the past 2 years (3 points)
NO/I quite more than 2 years ago (0 points)

Combined Points _____

What's Your Fasting Blood Glucose?

Normal: <100 mg/dl. (0 points)
Prediabetes mellitus: >126 mg/dl (5 points)

Total _____

What's Your Total Cholesterol?

<200 (0 points)
200-500 (3 points)
251-300 (5 points)
300+ (7 points; consult your doctor now)

Combined Points _____ Total _____

Risk Spectrum: 0-7 Points: Low Risk

16-21 Medium to High Risk

8-15 Low to Medium Risk

22+ High Risk

Lifestyle changes can help, but you should also talk with your doctor about possible medical interventions and treatments

*BMI = Body Mass Index .. To determine your BMI

1. Divide your weight (in pounds by your height in inches
2. Divide the result by your height again
3. Multiply that number by 703

Monthly Senior Nuggets may also be viewed on Atholton's website



 **FEBRUARY SENIOR NUGGET – 2018**

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

CALL 911 IMMEDIATELY	HAVE ON HAND
❖ DO <u>NOT</u> LAY DOWN	❖ Chewable Bayer Aspirin (81 mg)
❖ COUGH DEEPLY (helps oxygen reach heart)	❖ Take two (2) and ADVISE EMT

FACT: Most people tend to wait too long to get help or calling for an ambulance –

WHY? Fear of embarrassment!

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



SPECIAL FEATURE ...

– HOW TO PROPERLY DISPLAY THE U.S.A. FLAG

A detailed drawing is available on the foyer counter

Fly the flag proudly on all national holidays



Birthday greetings to all celebrating a February birthday

Check your Bible Birth verse: www.birthverse.com

