



SENIOR NUGGET – FEBRUARY 2022

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 8-15 Low to Medium Risk
16-21 Medium to High 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 – 2022

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

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| <p>CALL 911 IMMEDIATELY</p> <ul style="list-style-type: none">❖ DO <u>NOT</u> LAY DOWN❖ COUGH DEEPLY (helps oxygen reach heart) | <p>HAVE ON HAND</p> <ul style="list-style-type: none">❖ Chewable Bayer Aspirin (81 mg)❖ Take two (2) and ADVISE EMT |
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**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!



Birthday greetings to all celebrating a February Birthday

Check your Bible Birth verse: www.birthverse.com

