



## SENIOR NUGGET – FEBRUARY 2023

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)  
1 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

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



 **FEBRUARY SENIOR NUGGET – 2023**

**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

<p><b>CALL 911 IMMEDIATELY</b></p> <ul style="list-style-type: none"><li>❖ <b>DO <u>NOT</u> LAY DOWN</b></li><li>❖ <b>COUGH DEEPLY (helps oxygen reach heart)</b></li></ul>	<p><b>HAVE ON HAND</b></p> <ul style="list-style-type: none"><li>❖ <b>Chewable Bayer Aspirin (81 mg)</b></li><li>❖ <b>Take two (2) and ADVISE EMT</b></li></ul>
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**FACT: Most people tend to wait too long to get help or call 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](http://www.birthverse.com)**

