



SENIOR NUGGET – FEBRUARY 2024

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

<u>What's your age?</u>	<u>What's Your Blood Pressure</u>	<u>What's Your BMI*</u>
<40 (0 points)	Normal: less than 120/80 (0 points)	Normal: 18.5-24.9 (0 points)
40-49 (1 point)	Elevated: 120-129/less than 80 (2 points)	Overweight: 25-29 (3 points)
50-58 (2 points)	Hypertension Stage 1 130-139/80-89 (3 points)	Obese: 30+ (5 points)
59-65 (3 points)	Hypertension Stage 2 140 /90 (5 points)	
66-72 (5 points)	Hypertensive crisis 180 /120 (7 points)	
73 (7 points)		
Total _____	Total _____	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 _____

<u>What's Your Fasting Blood Glucose?</u>	<u>What's Your Total Cholesterol?</u>
Normal: <100 mg/dl. (0 points)	<200 (0 points)
Prediabetes mellitus: >126 mg/dl (5 points)	200-500 (3 points)
	251-300 (5 points)
	300+ (7 points; consult your doctor now)
Total _____	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





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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

<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!



FEBRUARY is also Black History Month, we recognize a few that made their mark in U.S. History: Leontyne Price, Oprah Winfrey, Whitley Phipps, Vice Adm Barry Black, Harriet Tubman, Rosa Parks, etc.



Birthday greetings to all celebrating a February Birthday

Check your Bible Birth verse: www.birthverse.com

